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ABSTRACT

The book discusses movement and music activities for handicapped students. Activities are described for ambulatory preschoolers, nonambulatory students, mentally retarded students, deaf children, and blind and visually impaired students. Each activity lists titles of accompanying songs or music as well as a brief description of the teaching procedure. (CL)

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MODERN MIRACLES

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by Marion V. Sander

An informative handbook about

WORKING WITH HANDICAPPED CHILDREN

M. S. Paquin Co.

2

". . . a practical series of techniques she calls "Fun while learning" . . . valuable resource for volunteers and staff professionals as they seek to transform young lives from helplessness to usefulness."

Harold Keen, Editorial Director
KFMB-TV, San Diego

"Marion Sander . . . has been able to break down the complex problem of working with disabled youngsters, so that everyone can benefit from her studies. . . . a labor of dedication and love for Marion Sander . . ."

Jack White
KGTV-News

"A truly excellent guide to simple exercise and motor development for disabled children. A must for every lay person or parent working with disabled youngsters. Easy to read, fun to do, and widely diverse in application. I recommend it to teachers, parents, OTs, PTs and anyone working with disabled children."

T. Andris Ozols, Publisher
MAINSTREAM — Magazine of the Able-Disabled

". . . *Modern Miracles* is an outstanding book for all individuals that work with handicapped children, either as professionals, volunteers or family members.'

Margaret Bruce, Director
Foster Grandparent Program
of San Diego County

". . . mother of a handicapped child, . . . I pray that through this material many more will gain the compassion needed to work with these truly special children. . . ."

Pat Russ
Mother of a Handicapped Child

". . . Music — singing, dancing, any kind of movement, listening, music appreciation, etc. . . . gives . . . greater dimensions to . . . life, opens up new horizons, and frees one to be more creative. . . . all the teachers must do now is to use this well-prepared material and see for themselves!"

Sister Maxine Kraemer, R.S.C.J.
St. Madeleine Sophie's Training Center
El Cajon, California

". . . excellent suggestions for sensorimotor development, and seem to work well in improving motor development, attention to task, and ability to follow directions."

Steven M. Waclawski
Administrative Assistant
Friends of Handicapped Children

". . . After reading *Modern Miracles,* I will look at handicapped people in a different light."

Fern M. Luce, Owner & Director
Cosmetology College

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WORKING WITH HANDICAPPED CHILDREN

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FIRST EDITION

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MODERN MIRACLES

It gives me much pride and great pleasure to dedicate this book to a wonderful person, Betty Kirchmer.

I would also like to pay tribute to all of the other people throughout the world, who have worked in any manner for the benefit of handicapped people.

INTRODUCTION

Did you ever ask yourself what you did to be born with a normal, healthy body and mind? Did you ever ask yourself what you can do to help those who were not so blessed?

The answers to these questions are quite simple. We had absolutely no control over our physical or mental normalities at birth. But each of us is capable of helping the unfortunate ones who are handicapped to improve their lot. We can assist them either actively, monetarily, or both. Then they might eventually become socially accepted, useful, self-supporting citizens.

"Modern Miracles" was written to be informative, as well as instructive. I have compiled and created many simple little "fun routines." They should help promote much progress for those who are handicapped.

All children enjoy doing these movement routines. They can be taught in the home or at regular schools. Some of these routines can even be enjoyed by grown-ups.

Movements and music seem to be like universal languages. Whether handicapped or not, everyone understands and enjoys doing things in time with music.

Practically anyone who can read should be able to understand and follow these instructions by slowly working out one bit of action after the other then fitting these actions to the written counts of the suggested music. Different music can be used, if it is suitable for the routines.

It isn't necessary to be a teacher or a dancer in order to use this material. All that a person needs is a little time, understanding patience, love for children and a desire to lend their services for a most worthwhile cause . . . helping handicapped children.

In my own family, a crippled three year old polio victim rebuilt muscles in one leg by riding a tricycle my mother bought for her. And in another case, exercises helped a four year old child to walk with more control and grace, after a couple of operations. She had been born with club feet.

The main object of this book is to help handicapped children to improve their abilities and learn how to follow instructions. This should be kept in mind at all times.

Whether your efforts are volunteered or for a salary, they will be greatly rewarded when you witness many unbelievable improvements in the ability of handicapped children. Then, and only then, you will agree that there are such things as "Modern Miracles."

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1

MODERN MIRACLES

Welcome to the world of Modern Miracles! You are about to launch upon one of the most exciting and beneficial ventures in your life.

You will discover that the real "Fountain Of Youth" goes unnoticed, within the reach of everybody. It makes a person sparkle with excitement and happiness then bubble with enthusiasm while doing the most worthwhile type of work — getting involved with helping others.

Great satisfaction and tranquility are derived from bringing happiness and joy to other people. This is especially true when a person helps to brighten the lives and helps to improve the ability of those who are both physically or mentally handicapped.

Today, there are countless people helping millions of handicapped persons all over the world. To help in my small way, I have compiled and created some helpful movements and set them to music.

The main purpose of these "fun while learning" routines for handicapped children is to help them develop better muscular coordination and improve their ability to follow instructions. To my knowledge, this is the most appealing way that children can learn.

These movements set to music can be done and enjoyed by even those who are unable to walk. Children might be confined to bed or a wheelchair, yet be encouraged to make some type of movements.

The universal language of movements and music can be understood by practicaliy everyone throughout the world. A person might be blind, deaf, mentally retarded or crippled. Nevertheless, he or she can understand and enjoy either watching or participate in making movements set to rhythm or music.

Whether the following ideas, methods and routine instructions are used for teaching, or as a source of information, always keep in mind that no matter what a person's handicap might be, they are still people. People with feelings. People who will respond to love, patience, understanding and persistent encouragement.

Movements set to music makes them easier to remember and more fun to do. They also encourage rhythmical smoothness in movements. But do not strive for perfection. That will come by repeating the routines only once every session, or it may never come. All children love repetition.

While exercising, get the children to inhale through the nose and exhale through the mouth. This will help keep them from getting out of breath and from getting a headache. It's also helpful if they can wear shorts or slacks during these special classes.

Quite often, the same routines can be used for children with different handicaps. It's up to the instructor to determine the ability and needs of each class. Occasionally, the material being taught may have to be simplified. What is being taught will depend on the capabilities of those involved.

Eventually, the routines an be done in front of an audience. They can be introduced by the suggested poems or narration. At times, words of the song may be used to interpret the actions of the children.

Much can be accomplished by putting on shows. Confidence, cooperation and a sense of accomplishment helps build strong

character in any person. Try to have the children put on a performance periodically. But, above all, time should be taken while working with the children so everyone can enjoy what is being done. Then the children will respond better and look forward to the next session.

The children also respond better if these movement routines are referred to as dances. This term can be loosely used, if desired.

Parents, relatives, or friends can help do wonders with a handicapped child by simply carrying out these movement routine instructions at home. In fact, all children enjoy doing them, even when they have no handicaps.

These movement routines can be taught and used in dancing studios with the beginner's classes, since they are simple, flashy routines.

2

WORKING WITH AMBULATORY PRE-SCHOOLERS

Children are children, whether handicapped or not. And all children are people with the same need for understanding encouragement and love. Even when they don't seem to be paying attention, they are really getting something out of the fact that someone is with them.

Never be forceful with the children. Take time to explain things over and over again. Encourage little ones to do the movements by themselves or all of the children will want help. They like to receive equal attention.

Like other children, they enjoy the warmth and feeling of love in a person's touch. They are also great imitators. Like mirrors, they will reflect your attitude the same as your actions.

Praise accomplishments and never say that anything has been done wrong. That might discourage them from trying. Everything they do is good, but we try to reach higher, clap our hands louder, or whatever. Never try for perfection. It looks cute when little ones make a few mistakes.

When the children are performing in front of an audience, short, simple announcements can be used to fit the occasion. Use imagination and make up comments about specific children. They love to hear their names mentioned.

Above all, be happy and have fun. That's the only way to accomplish great improvements with these children.

Quite a few of these routines can be used with more than one type of handicapped children. If need be, they can also be simplified. Fit what the children do to their needs and capabilities. Don't be surprised at what can be accomplished with loving attention and persistent encouragement.

It's quite heartbreaking to stand back and look at a group of little handicapped children. But it's very heartwarming to see their little smiling, happy faces looking up at you as you work with them. And when you see them do something that they had never been able to do before, your heart feels as though it is going to burst with joy. Look at accomplishments, not handicaps.

One day when I was working with a group of young children at a school in Costa Mesa, California, a four year old boy was brought into the classroom. This little fellow just had the braces removed from both legs. He had been able to walk stiff legged with the braces on, but had never tried to walk with them off. With someone holding him by the hands, he could walk a little bit keeping his knees stiff. But now it was time for him to learn to walk correctly by himself.

Getting the teacher to walk behind this child and hold him under his arms for balance, I encouraged him to walk toward me. I suggested working with him no longer than a few minutes at a time. The amount of exercise should be gradually increased, but very slowly. And with his hands free, he could hold them diagonally forward for better balance and eventually catch himself in case he should fall.

The biggest problem was that the child didn't know how to bend his knees. So while the other children marched happily around the room in and out of time with the tune of a lively march, I helped the young teacher work with little Freddy.

Kneeling in front of him, I would talk in a happy, encouraging manner. In order to help Freddy to raise one foot up and bend the knee, I would hold onto one ankle and push in at the back of the same knee with my other hand, without using very much force. All of this time, I would keep good eye contact

with him and very patiently tell him to try and touch my nose with his knee. Leaning forward and squinting my nose, I'd blink my eyes, make a surprised utterance then smile. We would both laugh. Then I'd tell him to step forward a little bit on that foot so we could try and do the same thing with the other leg.

At first, there was a lot of kidding around and much laughter. But after a few weeks, little Freddy was awkwardly marching with less help from his teacher. Only occasionally he would forget to bend a knee.

By this time, the school year was over. But I feel certain that Freddy continued improving to eventually be able to walk as well as you or I.

EXERCISES

The same as in Chapter 4.

KEEPING TIME

The same as in Chapter 4.

THE RIBBON DANCE

The same as in Chapter 4.

BALLIN' THE JACK

The same as in Chapter 4.

THE BUNNY HOP

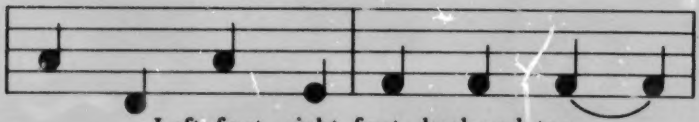
The same as in Chapter 4.

LEFT AND RIGHT SONG

Words and music by Marion V. Sander

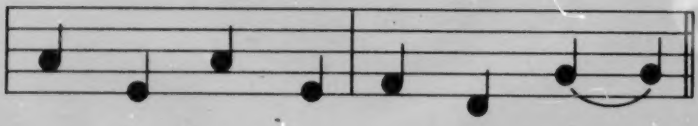
Work actions out to fit the words of the song.

Left and right our hands we know.



Left foot, right foot, heel and toe.

In and out then 'round we go.



Glide to left with hands out so.

2. Hands up high we turn around.
Raindrops falling to the ground.
Jump up high off of the floor.
This is fun. Let's do some more.

3. To the right now we must glide.
   Swing your hands from side to side.
   Sway them high then sway them low.
   Take a bow. This is your show.

The end.

LET'S MARCH

Wonderland Records LP 281B
Alley Cat & Chicken Fat
Side 2 Band 1
The Farmer In The Dell

Announcement

"While we're marching
Down the path,
Count and turn,
We learn our math."

During the introduction, stand still in two lines and count to 4.

1. Left foot first, march in place taking one count for each step and swing hands alternately back and forth, counting to 8 twice.

2. Continue to march in place, but in the count of 1, turn to face the left side of stage, counting to 8. Turn and face the back of stage on the second count of 1, counting to 8. Turn to face the right side of stage on the third count of 1, counting to 8. Turn to face the audience on the fourth count of 1, counting to 8.

3. Front line turn to face the left side of stage and back line turn to face the right side of stage, marching left foot first then marching in place, counting to 8. March forward in a

large counterclockwise circle, counting to 8 nine more times.

4. Staying in the circle, turn to face the audience, marching left foot first then in place, counting to 8 twice, but on the last count of 8, keep left foot on the floor, lower hands to sides and salute the audience with the right hand.

The end.

BINGO

Wonderland Record LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 2
Bingo

Announcement

"We slide and bend our knees just so,
While they sing about Bingo."

During the introduction, stand still and count to 8 twice.

1. Raise hands diagonally forward toward the sides with elbows bent and slide left foot toward left side, counting 1,2. Step right foot beside left foot, counting 3,4. Repeat these actions, counting 5,6,7,8. Maintain hand position and repeat entire step, counting to 8 two more times plus counting only to 4.

2. Bend knees and swing hands in front of shoulders with palms toward the audience and elbows shoulder high toward the sides, counting 1,2. Straighten knees and fan hands up then toward the sides with elbows almost straight, counting 3,4. Repeat these actions, counting 5,6,7,8. Repeat

entire step, counting to 8 two more times plus counting only to 4.

3. Reverse step 1 by holding hands diagonally forward toward the sides with elbows bent and slide right foot toward right side, counting 1,2. Step left foot beside right foot, counting 3,4. Repeat these actions, counting 5,6,7,8. Maintain hand position and repeat entire step, counting to 8 two more times plus counting only to 4.

4. Repeat step 2.

5. Step left foot toward left side with hands diagonally foward and elbows bent, counting 1. Maintain hand position and step right foot beside left foot, counting 2. Bend knees and swing hands in front of shoulders with elbows shoulder high toward the sides, counting 3. Straighten knees and fan hands up then out toward the sides with elbows almost straight, counting 4. Repeat these actions, counting 5,6,7,8. Repeat entire step, counting to 8 two more times plus counting only to 4.

6. Step right foot toward right side with hands diagonally forward and elbows bent, counting 1. Maintain hand position and step left foot beside right foot, counting 2. Bend knees and swing hands in front of shoulders with palms toward the audience and elbows shoulder high toward the sides, counting 3. Straighten knees and fan hands up then out toward the sides with elbows almost stright, counting 4. Repeat these actions, counting 5,6,7,8. Repeat entire step, counting to 8 two more times plus counting only to 4. Bow to audience.

The end.

TAP YOUR FOOT

Wonderland Records LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 3
Follow The Leader

Announcement

"Tapping toes, we tap then step.
That's what fills us full of pep."

During the introduction, stand in two lines and count to 8 twice along with the music and count to 12 along with the talking that follows.

1. Hands diagonally forward toward the sides, tap ball of left foot beside right foot, counting 1. Raise left foot up and tap ball of left foot beside right foot, counting 2. Continue these actions, counting 3,4,5,6,7. Step left foot beside right foot, counting 8. Tap ball of right foot beside left foot, counting 1. Raise right foot and tap ball of right foot beside left foot, counting 2. Continue these actions, counting 3,4,5,6,7. Step right foot beside left foot, counting 8. Stand still during the talking on the record and swing hands alternately back and forth.

2. Tap ball of left foot beside right foot three times, counting 1,2,3. Step left foot beside right foot, counting 4. Tap ball of right foot beside left foot three times, counting 5,6,7. Step right foot beside left foot, counting 8.

3. Repeat step 1, but don't stand still at the end.

4. Repeat step 2, counting to 8.

5. Tap left toe forward seven times, counting to 7. Step left foot beside right foot, counting 8. Tap right toe forward seven times, counting to 7. Step right foot beside left foot, counting 8. Tap left toe forward, counting 1. Step left foot beside right foot, counting 2. Tap right toe forward, counting 3. Step right foot beside left foot, counting 4. Repeat entire step with the same counts.

6. Tap left toe forward three times, counting 1,2,3. Step left foot beside right foot, counting 4. Tap right toe forward three times, counting 5,6,7. Step right foot beside left foot, counting 8. Tap left toe forward, counting 1. Step left foot beside right foot, counting 2. Tap right toe forward, counting 3. Step right foot beside left foot, counting 4.

7. Tap ball of left foot beside right foot seven times, counting to 7. Turning to face the left side of stage, step left foot behind right heel, counting 8. Tap ball of right foot beside left foot seven times, counting to 7. Step right foot beside left foot, counting 8.

8. Tap left toe forward, counting 1. Step left foot slightly forward, counting 2. Tap right toe forward, counting 3. Step right foot slightly forward, counting 4. Continue these actions, counting 5,6,7,8. Continue these actions and travel off stage, counting to 8 two more times plus extra counts to 4 then counting to 8 two more times plus extra counts to 4.

The end.

Different hand movements can be added. Shake a finger at the audience. Raise hands alternately toward the sides or above head. Clap hands. Use imagination. Play follow the leader. Encourage children to choose and make up actions so they learn how to think for themselves.

STEP CLAP

Wonderland Records LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 4
Simon Says

Announcement

"Step, clap. Step clap.
We have fun just doing that."

Divide two lines so the boys are standing toward the left side of stage and the girls are standing toward the right side of stage. Stand still during this talking part of the record.

1. Girls stand still. Boys turn and step left foot toward left side of stage, counting 1, clap hands, counting 2. Step right foot forward, counting 3, clap hands, counting 4. Step left foot forward, counting 5, clap hands, counting 6. Turn to face the audience and step right foot beside left foot, counting 7, clap hand, counting 8. Boys stand still and girls do the same step, counting to 8. Girls stand still and boys clap hands twice, counting 1,2. Boys stand still and girls clap hands twice, counting 3,4. Everybody stand still during this talking part of the record.

2. Boys and girls turn to face the right side of stage and step left foot forward, counting 1. Step right foot beside left foot, counting 2. Boys stand still and girls step left foot forward, counting 1, clap hands, counting 2. Step right foot forward, counting 3, clap hands, counting 4. Walking toward the right side of stage, continue these actions, counting 5,6,7,8. Walk in a small individual clockwise circle in the same manner, counting to 6. Face audience and step right foot beside left foot, counting 7, clap hands, counting

8. Girls stand still and boys do the same step, counting to 8 twice.

3. Front line face the left side of stage and back line face the right side of stage, stepping left foot forward, counting 1, clap hands, counting 2. Step right foot forward, counting 3, clap hands counting 4. Walking in a large counterclockwise circle, continue these actions, counting 5,6,7,8 then counting to 6. Step right foot beside left foot, counting 7, clap hands, counting 8.

4. Feet together, jump in place turning in a one-fourth circle to the left taking two counts for each jump, counting 1,2,3,4. Continue these actions, counting 5,6,7,8. Repeat these actions to complete turning in a circle, counting to 8. Repeat entire step, counting to 8 two more times.

5. Walking in counterclockwise circle, step left foot forward, counting 1, clap hands, counting 2. Step right foot forward, counting 3, clap hands, counting 4. Continue these actions, counting 5,6,7,8. Repeat this step with one person leading the others off stage, counting to 8 eleven more times plus 2 extra counts.

The end.

After this routine has been learned, get the children to bend both knees each time they clap their hands. This puts a little bounce to the routine. Then allow them to do the dance the way they like best.

Take time to also follow the instructions on the record, occasionally.

LITTLE SAILORS

Wonderland Records LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 5 — First part
My Bonnie Lies Over The Ocean

Announcement

"Happy sailors dance along,
While their friends sing a song."

During the introduction, stand still and count to 6.

1. Step left foot diagonally forward toward the left, place left hand on tummy and back of right hand in back at the waist, counting 1,2. Maintain hand position and hop on left foot, counting 3. Step right foot diagonally forward toward the right, place right hand on tummy and back of left hand in back at the waist, counting 4,5. Maintain hand position and hop on right foot, counting 6. Repeat entire step, counting to 6.

2. Turn toward the left and continue doing step 1, making an individual circle, counting to 6 four times.

3. Facing audience, step left foot toward left side, counting 1. Hold right foot up and clap hands twice, counting 2,3. Step right foot toward right side, counting 4. Hold left foot up and clap hands twice, counting 5,6. Repeat entire step, counting to 6.

4. Step left foot toward left side, counting 1. Bend right knee and raise right foot diagonally back toward the left side, counting 2. Hit side of right heel with left hand, counting 3. Step right foot toward right side, counting 4. Bend left knee

and raise left foot diagonally back toward the right side, counting 5. Hit side of left heel with right hand, counting 6. Repeat entire step, counting to 6 three more times.

5. Step left foot toward left side, turning slightly, and repeat step 4 to face the left side of stage, counting to 6. Turn to the left and repeat step 4 to face the back of stage, counting to 6. Turn to the left and repeat step 4 to face the right side of stage, counting to 6. Turn to the left and repeat step 4 to face the audience, counting to 6.

6. Repeat Step 2.

7. Fold arms in front of body with elbows shoulder high and step left foot behind right foot, counting 1,2. Hop on left foot and raise right foot up close to front of left ankle, bending right knee out toward right side, counting 3. Circle right foot close to left ankle and step right foot behind left foot, counting 4,5. Hop on right foot and raise left foot up close to front of right ankle, bending left knee out toward left side, counting 6. Maintain hand position and repeat entire step, counting to 6 three more times.

8. Turn toward left side of stage and repeat step 1 traveling off stage, counting to 6 eight times.

The end.

THE STICK MAN

Wonderland Records LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 5 — Second part
Good Morning To You

Announcement

"If we were made from a big, big stick,
When we'd move, our joints might click."

No Introduction.

1. Stand straight with hands down to sides and bend head back, counting 1,2,3. Bend head forward, counting 4,5,6. Repeat these actions, counting to 6. Roll head in a circle to the left then straighten it up, counting to 6 twice. Without raising shoulders, bend head toward left shoulder, counting 1,2. Straighten head up, counting 3. Bend head toward right shoulder, counting 4,5. Straighten head up, counting 6. Repeat these actions, counting to 6. Turn head to face the left side, counting 1,2,3. Turn head to face the audience, counting 4,5,6. Turn head to face the right side, counting 1,2,3. Turn heat to face the audience, counting 4,5,6.

2. Elbows straight and fingers together, swing left hand shoulder high in front, counting 1,2. Lower left hand to left side, counting 3. Swing left hand shoulder high toward the back, counting 4,5. Lower left hand to left side, counting 6. Swing right hand shoulder high in front, counting 1,2. Lower right hand to right side, counting 3. Swing right hand shoulder high toward the back, counting 4,5. Lower right hand to right side, counting 6. Step left foot in place beside right foot, counting 1. Point right toe forward, counting 2. Kick right foot waist high in front, counting 3. Step right foot beside left foot, counting 4. Point left toe forward, counting 5. Kick left foot waist high in front, counting 6. Step left foot beside right foot, counting 1. Point right toe forward, counting 2. Kick right foot waist high in front, counting 3. Step right foot beside left foot, counting to 4. Point left toe forward, counting 5. Kick left foot waist high in front, counting 6.

3. Step left foot beside right foot, counting 1. Kick right foot waist high in front, swing left hand shoulder high in front and right hand almost shoulder high in back, counting 2,3. Step right foot beside left foot and lower hands to sides, counting 4. Kick left foot waist high in front, swing right hand shoulder high in front and left hand almost shoulder high in back, counting 5,6. Repeat entire step, counting to 6 two more times. Step left foot beside right foot and lower hands to sides, counting 1,2,3. Bend forward at waist, counting 4,5,6. Hold position, counting 1,2,3. Straighten up, counting 4,5,6.

The end.

LET'S CLAP HANDS

Wonderland Records LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 6 — First part
Clap Your Hands.

Announcement

"Let's clap hands and stamp our feet.
High and low, we learn to reach."

During the introduction, stand still in two lines and count to 8 twice.

1. Clap hands three times, counting 1,2,3. Without clapping, count 4. Clap hands three times, counting 5,6,7. Without clapping, count 8. Repeat these actions, counting to 8. Reach forward and clap hands three times, counting 1,2,3. Hold position without clapping, counting 4. Reach forward and clap hands three times, counting 5,6,7. Hold position without clapping, counting 8. Repeat these actions, counting to 8.

2. Stamp left foot beside right foot and clap hands toward left side three times, counting 1,2,3. Step left foot beside right foot without clapping hands, counting 4. Stamp right foot beside left foot three times and clap hands toward right side three times, counting 5,6,7. Step right foot beside left foot without clapping hands, counting 8. Repeat these actions, counting to 8. Bend right knee, tap left toe toward left side with left knee straight and clap hands toward left foot three times, counting 1,2,3. Step left foot beside right foot without clapping hands, counting 4. Bend left knee, tap right toe toward right side with right knee straight and clap hands toward right foot three times, counting 5,6,7. Step left foot beside right foot without clapping hands, counting 8.

3. Feet flat on floor, stretch up and clap hands above head three times, counting 1,2,3. Hold position without clapping, counting 4. Reach up and clap hands above head three times, counting 5,6,7. Hold position without clapping, counting 8. Repeat these actions, counting to 8. Bend forward at the waist and clap hands toward the floor three times, counting 1,2,3. Hold position without clapping, counting 4. Clap hands toward the floor three times, counting 5,6,7. Hold position without clapping, counting 8. Repeat these actions, counting to 7. Straighten up, counting 8.

4. Hit left hand against left leg, counting 1. Hit right hand against right leg, counting 2. Continue these actions, counting 3,4,5,6,7,8. Repeat these actions, counting to 8. Clap hands shoulder high in front, counting 1. Swing hands shoulder high toward the sides then clap hands in back, counting 2. Swing hands shoulder high toward the sides then clap hands in front, counting 3. Continue these actions, counting 4,5,6,7,8. Repeat these actions, counting to 8. Clap hands in front three times, counting 1,2,3. Lower hands to sides, counting 4.

The end.

30

POINT AND TAP

Wonderland Records LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 6 — Second part
Springfield Mountain

Announcement

"Point and tap, left and right,
Forward, back then out of sight."

During the introduction, stand still and count to 6 four times.

1. Right hand down to side, tap left toe forward with left knee straight and shake left index finger up then down, counting 1,2. Raise left toe and left index finger, counting 3. Tap left toe forward and lower left index finger, counting 4,5. Raise left toe and left index finger, counting 6. Tap left toe forward and lower left index finger, counting 1,2. Raise left toe and left index finger, counting 3. Step left foot beside right foot and lower left hand to side, counting 4,5. Raise right foot up, counting 6. Left hand down to side, tap right toe forward with right knee straight and shake right index finger up then down, counting 1,2. Raise right toe and right index finger, counting 3. Tap right toe forward and lower right index finger, counting 4,5. Raise right toe and right index finger, counting 6. Tap right toe forward and lower right index finger, counting 1,2. Raise right toe and right index finger, counting 3. Step right foot beside left foot and lower right hand to side, counting 4,5. Raise left foot up, counting 6.

2. Point left toe toward left side and raise left hand shoulder high toward left side, counting 1,2. Step left foot beside right foot and lower left hand to side, counting 3. Point

right toe toward right side and raise right hand shoulder high toward right side, counting 4,5. Step right foot beside left foot and lower right hand to side, counting 6. Repeat these actions, counting to 6. Point left toe toward left side and raise right hand shoulder high toward the side, counting 1,2. Step left foot beside right foot and lower right hand to side, counting 3. Point right toe toward right side and raise left hand shoulder high toward left side, counting 4,5. Step right foot beside left foot and lower left hand to side, counting 6. Repeat these actions, counting to 6.

3. Point left toe back and swing left hand shoulder high toward the back, counting 1,2. Step left foot beside right foot and lower left hand to side, counting 3. Point right toe back and swing right hand shoulder high toward the back, counting 4,5. Step right foot beside left foot and lower right hand to side, counting 6. Repeat these actions, counting to 6. Point left toe back and swing left hand shoulder high in front, counting 1,2. Step left foot beside right foot and lower left hand to side, counting 3. Point right toe back and swing right hand shoulder high in front, counting 4,5. Step right foot beside left foot and lower right hand to side, counting 6. Repeat these actions, counting to 6.

4. Point left toe forward and raise left hand shoulder high in front, counting 1,2. Step left foot beside right foot and lower left hand to side, counting 3. Point right toe forward and raise right hand shoulder high in front, counting 4,5. Step right foot beside left foot and lower right hand to side, counting 6. Repeat these actions, counting to 6. Point left toe forward and raise right hand shoulder high in front, counting 1,2. Step left foot beside right foot and lower right hand to side, counting 3. Point right toe forward and raise left hand shoulder high toward the front, counting 4,5. Step right foot beside left foot and lower left hand to side, counting 6. Repeat these actions, counting to 6.

5. Point left toe forward and raise right hand shoulder high in front, counting 1,2. Turn toward the left, step left foot beside right foot and lower right hand, counting 3. Point right toe forward and raise left hand shoulder high in front, counting 4,5. Step right foot beside left foot and lower left hand to side, counting 6. Repeat these actions to face the left side of stage, counting to 6. Repeat entire step to face the back of stage, counting to 6 two times. Repeat this step to face the right side of stage, counting to 6 two times. Repeat this step to face the audience, counting to 6 two times.

6. Tap left toe forward, swing right hand shoulder high in front and left hand back, counting 1,2. Turn toward the left, step left foot next to right foot and lower hands to sides, counting 3. Point right toe forward, swing left hand shoulder high in front and right hand back, counting 4.5. Step right foot beside left foot and lower hands to sides, counting 6. Repeat these actions to face the left side of stage, counting to 6. Point left toe forward, swing right hand shoulder high in front and left hand back, counting 1,2. Raise left toe up then step left foot forward and lower hands to sides, counting 3. Point right toe forward, swing left hand shoulder high in front and right hand back, counting 4,5. Raise right toe up then step right foot forward and lower hands to sides, counting 6. Continue these actions traveling off stage, counting to 6 five more times.

The end.

TURN LEFT, TURN RIGHT

Wonderland Records LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 6 — Third part
The World Turned Upside Down

Announcement

"Like a windmill, 'round we go,
While the winds blow and blow."

During the introduction, stand still and count to 6. Raise hands shoulder high toward the sides and count to 6.

1. Maintain hand poisiton and step left foot toward left side, counting 1,2,3. Turn to face the back of stage and step right foot toward the left side of stage, counting 4,5,6. Continue turning to the left and step left foot toward the left side of stage, counting 1,2,3. Slide ball of right foot beside left foot and bend right knee, counting 4,5,6. Maintain hand position and step right foot toward right side of stage, counting 1,2,3. Turn to face the back of stage and step left foot toward the right side of stage, counting 4,5,6. Continue turning to the right and step right foot toward the right side of stage, counting 1,2,3. Slide ball of left foot beside right foot and bend left knee, counting 4,5,6.

2. Raise hands diagonally up toward the sides with palms turned upward, step left foot diagonally forward toward the left and bend left knee, counting 1,2. Maintain hand position throughout this step. Step ball of right foot beside left heel keeping right knee bent, counting 3. Step left foot diagonally forward to face the left side of stage and bend left knee, counting 4,5. Step ball of right foot beside left heel keeping right knee bent, counting 6. Repeat this step to face the back of stage, counting to 6. Repeat this step to face the right side of stage, counting to 6. Repeat this step to face the audience, counting to 6.

3. Hands above head, turn palms inward and touch finger tips with elbows bent to make a circle. The children might understand better if it's described "like a big ball." Maintain this hand position and repeat step 1, but step the weight on the left foot on the last count of 6.

4. Fingers together and pointing down, place hands on hips with elbows out toward sides. Maintain hand position, step right foot diagonally forward toward the right and bend right knee, counting 1,2. Step ball of left foot beside right heel keeping left knee bent, counting 3. Step right foot diagonally forward to face the right side of stage and bend right knee, counting 4,5. Step ball of left foot beside right heel keeping left knee bent, counting 6. Repeat this step to face the back of stage, counting to 6. Repeat this step to face the left side of stage, counting to 6. Repeat this step to face the audience, counting to 6. Step right foot toward right side and lower hands to sides, counting 1,2,3. Slide left foot beside right foot, counting 4,5,6. Bend forward at the waist, counting 1,2,3. Straighten up and smile at audience, counting 4,5,6.

The end.

HOKEY POKEY

Wonderland Records LP 281 B
Alley Cat & Chicken Fat
Side 2 Band 7
Hokey Pokey

Announcement

"It's Hokey Pokey time!"

Sing along with the record and follow the instructions in the song. Sometimes, it's fun to do the Hokey Pokey step in the following manner.

Bend right knee, keep ball of right foot on floor and raise right heel up, raising left index finger shoulder high in front with right hand down to side. Lower right heel, bend left knee,

keep ball of left foot on floor and raise left heel up, raising right index finger shoulder high in front with left hand down to side. Lower left heel and repeat these actions one more time. Taking only four steps, walk in a circle to the left. Stand still and clap hands four times.

LET'S LEARN TO SKIP

Wonderland Records LP 281 A
Alley Cat & Chicken Fat
Side 1 Band 6
Skip To My Lou

Announcement

"Skip in a circle like a big ball.
Keep your balance and never fall."

During the introduction, face in a large counterclockwise circle and count to 8.

1. Traveling in the circle, step left foot forward, counting 1,2. Bend right knee raising right foot beside left ankle and hop on left foot, counting 3,4. Step right foot forward, counting 5,6. Bend left knee raising left foot beside right ankle and hop on right foot, counting 7,8. Repeat entire step, counting to 8 three more times.

2. Continue skipping in the large circle, taking only one count for each step and only one count for each hop, counting to 8 four times.

3. Turn to the left and continue to skip the same as in step 2, skipping in a large clockwise circle then one person leads the others skipping off stage, counting to 8 four times.

The end.

THE MUSICIANS

Columbia Records KG 31588
Percy Faith All-time Greatest Hits
Side 4 Band 2
The Sounds Of Music

Announcement

"Make-believe we are a band
Then give us a great big hand."

The children can do all of the movements at one time, or divide into groups and pretend to be playing different instruments at different times. Follow the music and pretend to be playing whatever instrument that's being played on the record.

During the introduction, pretend to play the chimes. Work in the actions of blowing horns, playing violins, hitting symbols, etc.

There are many children's records that can also be acted out with simple movements. Use imagination. Pretend to beat a drum, play a piano, strum a guitar or banjo, etc. Be a jack-in-the-box, a soldier, a doll, or a truck. Imitate the movements and sounds of different animals. Encourage the children to make suggestions. Allow them to learn as much as they can about everything in a fun way.

THE CHOO-CHOO CONGA

RCA Records CAS-2599
Harry Belafonte
Side 1 Band 2
Anelina

Announcement

"Like a train, we have to go.
Back and forth, we chug just so."

During the introduction, stand off stage with hands on the shoulders of the person in front and count to 8 four times. Maintain this hand position throughout the entire routine.

1. Enter from right side. Step left foot diagonally forward toward the left, counting 1. Step right foot diagonally forward toward the left, counting 2. Step left foot diagonally forward toward the left, counting 3. Turn body to the right and kick right foot diagonally forward toward the right, counting 4. If necessary, hit right heel diagonally forward toward the right instead of doing the kick. Step right foot diagonally forward toward the right, counting 5. Step left foot diagonally forward toward the left, counting 6. Step right foot diagonally forward toward the right, counting 7. Turn body to the left and kick left foot diagonally forward toward the left, counting 8. If necessary, hit left heel diagonally forward toward the left instead of doing the kick. The first person leads the others across the stage doing the conga left then right, counting to 8 five more times. Stand still and stamp left foot in place four times, counting to 4. Space steps so the leader is at the left side of the stage toward the front when this step ends.

2. Leader turn left to conga toward the back of stage, counting to 8 six times. Stand still and stamp left foot four times, counting to 4. Leader turn left to conga toward the audience, counting to 8 six times. Stand still and stamp left foot four times, counting to 4. Leader turns right to conga toward the back of stage, counting to 8 four times. Leader turns left to conga toward the audience, counting to 8 six times. Stand still and stamp left foot four times, counting to 4. Leader turns right to conga toward the back of stage, counting to 8 four times.

3. Leader turns left to conga toward the audience and off the right side of the stage with the others following like a train, counting to 8 nine times. When the music gets louder during the last three counts to 8, wave left hand goodbye to the audience, continuing to do the conga.

The end.

Eventually, allow the leader to conga in a circle, or go whatever way he or she wants to. Change leaders so everyone gets a chance to lead.

3

WORKING WITH NON-AMBULATORY CHILDREN

Braces, wheelchairs and beds cannot erase smiles from the lips, or dim the lovelight that shines in the eyes of a child. When we realize this, we are then ready to help the children. We may not be capable of making everything perfect, but at least we can try to improve conditions and bring a little joy into the lives of these unfortunate children.

With music as our guide, we must encourage the use of body movements in space. Stretch up, hold the position then relax different parts of the body. Curl up the hands, limbs and body then, straighten them and relax. This can be done in bed or on a rug covered floor.

By marching in place, even if weight isn't on our feet, we instigate the desire to march, walk or run. Desire and determination are power tools. They have helped many people to accomplish what appeared to be impossible tasks.

Using softness, loudness, slow or fast tempos, we follow sounds. In many ways, we can express whatever feelings these sounds create.

We use gravity in everything we do. We can dance with our fingers, hands, arms or feet, while sitting in a wheelchair or

lying in a bed. Then we relax our muscles. Sometimes, we shake our fingers, arms and then legs. This makes relaxing easier. And actions are so much fun to do along with children's records.

An explanation of what you are trying to accomplish is always appreciated by an audience. Occasionally, put on a show for the parents. It's good for them to get together with others who have similar problems. And all children love to show other people what they can do. These children are basically no different than any other children.

When performing for their parents or any other audience, announcements should be short and geared to fit the children you are working with. Mention a few names, things some of the children might have said, actions one of them might have made or special accomplishments that were made from doing different motions. You might also explain what the various motions interpret.

Above all, work slowly and patiently with the children. Enjoy what you are doing and always be happy. This will reflect in the children more than you can imagine.

During the few weeks that I did some volunteer work at a hospital in Costa Mesa, California, I encountered some very unfortunate cases.

One afternoon when I entered a certain section of a ward, I saw six or eight babies who had what I call water heads. They had been placed on a heavy quilt that was on the floor, in order to get some exercise. They were unable to move their little arms and legs or squirm around very much. It was hard to tell if they realized anything or not.

Working with them, I knelt or sat on the quilt. Without picking them up, I smiled and talked softly to them. At the same time, I moved their little arms and legs in various manners. I made them play patty-cake with their feet, as well as with their hands. Even when I could see no reaction from them, I felt that they enjoyed and appreciated the attention they were getting and knew that someone cared enough about them to try and help.

One day, I encountered a young father standing beside one of the cribs. He seemed to be slightly embarrassed because I saw

him holding a toy football over the bed so his baby boy could see it. But after I smiled and talked with him for a few minutes, he seemed to be more relaxed. He was also very grateful to learn that there were other people in the world who cared about handicapped children enough to try and help them.

I assured the father that bringing a little football to his boy was one of the most normal things he could have done. Inwardly, my heart cried for both of them. Then I showed him how to help his son reach for, try to hit and try to kick the football. He was surprised at the change of expressions on the child's face when I talked to him and explained what I wanted him to do, at the same time I helped him to do it.

Babies might not understand what the words mean when you talk to them. But they can tell a lot about what you are saying from the tone of your voice. They also seem to feel your attitude toward them and react favorably to a warm smile.

There was also a three year old cerebral palsied girl in that same hospital. Her twisted little body had been propped up in what I call a teeter-babe. That's a little canvas chair mounted on a metal frame and stand. It is made to give a spring-like action when the baby puts a little weight on its feet and bounced up and down. Eventually, this encourages a little one to stand up.

This little girl looked so tiny and very sad at heart just quietly sitting there all alone. I forget her name so I'll call her Joyce.

Calling her by name, I smiled, knelt down in front of her and introduced myself. She returned my smile and looked very pleased when I told her that she had a very pretty name and was a very beautiful child. Then I asked her if she would like to play with me. Her response was made only by the confused look in her eyes.

After we got a little better acquainted, I told her what I wanted to do then gently took hold of her tiny hands or feet to make them dance and march.

Eventually, I learned that what Joyce liked the most was when I'd sing "Pop Goes The Weasel." During the first part of the song, I'd help her to raise her hands up in the air and move them all around then make her hands march. I'd make her clap

her hands together each time I'd sing or say "Pop" louder than the other words. With this, Joyce would blink her eyes and burst out laughing.

It got so that I could just stand in front of Joyce and pretend that I was going to clap my hands and say "Pop goes the weasel" even without singing the song. Every time that I would move my hands as though I was going to clap them together, her bright blue eyes would open wide and dance with excitement. She would lean forward and make little noises, as though she was getting ready to laugh. This would sometimes be repeated many times, until I would finally clap my hands together and say "Pop." Then Joyce would laugh so hard and loud that she could be heard all over the ward.

The first time that this happened, two nurses rushed over to see what was wrong. They were delighted to see that Joyce had so much control over her response to my actions. She was a joy to work with.

Until my dying day, I will never forget the sounds of the child's happy laughter. Hearing it seemed to give me the same feeling that I used to get every time I imagined that I heard fairy bells ring while reading my big, thick nursery rhyme book, when I was only a couple of years older than Joyce.

ACTIONS TO DIFFERENT TEMPOS

Disneyland Records 3812
Burl Ives
Side 1
America Sings

The following announcements can be said while teaching the actions, so the children can understand them better. They can also be said along with the actions when there is no talking on the record. These actions can also be fitted to different children's songs.

1 . . . . . CLAPPING AND STAMPING

Yankee Doodle Dandy

Announcement

"Clap your hands and stamp your feet.
Listen to the music's beat."

After the fanfare of the introduction, take two counts for each clap and clap hands together, counting to 8 twice. Hit left hand against the left leg and raise right hand up, counting 1,2. Hit right hand against the right leg and raise left hand up, counting 3,4. Continue these actions, counting 5,6,7,8 then to 8 again. Try to move left foot down as if stamping it and raise right foot up, counting 1,2. Try to move right foot down as if stamping it and raise left foot up, counting 3,4. Continue these actions, counting 5,6,7,8 then to 8 again. These actions are only meant to help encourage as much movement as possible. They can be done even while lying in bed.

2 . . . . . .TIPPY TIP TOE

I Dream of Jeannie

Announcement

"Ballerinas look so neat,
When they dance upon their feet.
We can make our fingers turn.
Watch us if you want to learn."

Tip toe with fingers and feet, twisting and turning in various manners and directions, counting to 8.

3 . . . . . THE CHASE
Pop Goes The Weasel

Announcement

"With fingers and arms, we move then stop
And clap our hands when they sing "Pop."

Point index and second fingers down in front. Make one hand chase the other hand around in different directions, counting to 8 plus counting 1,2. Raise hands out toward the sides, counting 3,4. Clap hands together hard, counting 5,6. Give a smile, counting 7,8.

4 . . . . . MARCHING
Yankee Doodle Dandy

Announcement

"Marches have a special beat.
We can march with hands or feet."

Taking two counts for each march of the hands, hit left hand against left leg and raise right hand up, counting 1,2. Hit right hand against right leg and raise left hand up, counting 3,4. Continue these actions, counting 5,6,7,8 then to 8 again. March hands toward the left side, counting to 8. March the hands back in front, counting to 8. March hands toward the right side, counting to 8. March hands back in front, counting to 8. March hands in place, counting to 8. March hands forward as far as possible then up in front as high as possible, counting to 8. March hands toward the left as high as possible, counting 1,2,3,4. March hands back above head, counting 5,6,7,8. Stretch and march hands out in front then down, counting to 8. March hands in various directions, counting to 8. March hands in front, counting only to 4.

5 . . . . . HOP UP—HOP DOWN

Dixie, etc.

Announcement

"We like hopping up and down,
Hardly making any sound."

Raise right hand or foot and pretend to hop on it, keeping in time with the music, counting to 8. Lower right hand or foot, raise left hand or foot and pretend to hop on it, counting to 8. Repeat these actions, hopping fast then slow as the music indicates, counting to 8 two more times.

6 . . . . . RING AROUND THE ROSY

My Old Kentucky Home

Announcement

"Finger playing can be fun.
We will show you how it's done."

Point index fingers down. Make counterclockwise circles with left hand only, counting to 8. Make clockwise circles with right hand only, counting to 8. Make counterclockwise circles with both hands beside one another, counting to 8. Make clockwise circles with both hands beside one another, counting to 8.

7 . . . . . COUNTRY DANCING
Polly Wolly Doodle

Announcement

"Country dancing's different,
If you use your head,
You can dance the night away
And never leave your bed."
Or:
"Country dancing's different.
Music fills the air.
You can dance the night away
And never leave your chair."

Elbows bent out toward the sides, back of hands toward the audience, fingers together and pointing down, swing hands shoulder high toward the left side, counting 1,2. Swing hands shoulder high toward the right side, counting 3,4. Continue these actions, counting 5,6,7,8 then counting to 8 again. Turn palms of hands up and swing hands forward, then up in front and above head, counting 1,2. Lower hands shoulder high toward left side with left elbow straight and right elbow bent, counting 3,4. Swing hands above head, counting 5,6. Lower hands shoulder high toward right side with right elbow straight and left elbow bent, counting 7,8. Swing hands above head and continue these actions, counting to 8. Circle hands down, counting 1,2. Continue to circle hands toward left side then above head, counting 3,4, toward the right side then down, counting 5,6, up toward the left side then above head, counting 7,8. Circle hands toward the left side then down, counting 1,2. Continue to circle hands toward right side then above head, counting 3,4, toward the left side then down, counting 5,6 up toward the right side then above head, counting 7,8. Elbows straight, sway hands toward left side, counting 1,2. Sway hands above head then toward right side, counting 3,4. Continue these actions, counting 5,6,7,8. Clap hands together four times, lowering them in front, counting to 8.

8 . . . . . 'ROUND AND 'ROUND THE VILLAGE
Wish I Was A Single Girl Again

Announcement

"Dancing hands go 'round and 'round,
But they never touch the ground."

Hold fists together in front with elbows bent and thumbs extended upward. Straighten elbows with fists diagonally forward toward the left, counting 1,2,3,4. Bend elbows returning fists in front, counting 5,6,7,8. Straighten elbows with fists diagonally forward toward the right, counting 1,2,3,4. Bend elbows returning fists in front, counting 5,6,7,8. Right fist remains in front. Straighten left elbow with fist diagonally forward toward the left, counting 1,2,3,4. Retain left fist position and straighten right elbow with right fist diagonally forward toward the right, counting 5,6,7,8. Bend left elbow returning left fist in front, counting 1,2,3,4. Bend right elbow returning right fist in front, counting 5,6,7,8. Straighten elbows extending both fists forward, counting 1,2,3,4. Twist the wrists and point the tips of thumbs toward one another, counting 5,6,7,8. Straighten thumbs up with the ending of the song.

9 . . . . . WALTZ-TIME FUN
Down In The Valley

Announcement

"Waltzing motions are like play.
We can do them every day."

Count to 6 twice, bending elbows with wrists loose. Shake fingers down, counting 1. Twist wrists quickly, raise fingers inward and up, then shake them down again, counting 2. Shake fingers up then down two more times, counting 3,4. Hold

fingers in downward position, counting 5. Twist wrists and raise fingers up, counting 6. Repeat all of these actions, counting to 6 three more times. Lower hands in front and stretch neck, raising head up diagonally forward toward the left, counting 1,2,3. Lower head and turn face forward, counting 4,5,6. Stretch neck, raising head up diagonally forward toward the right, counting 1,2,3. Lower head and turn face forward, counting 4,5,6. Straighten elbows with hands beside one another in front, counting 1,2,3. Maintain right hand position and slide left hand up right arm to the shoulder, counting 4,5,6. Slide left hand down right arm and place it on top of right hand, counting 1,2,3. Slide left hand up right arm to the shoulder, counting 4,5,6. Slide left hand down right arm and place it under right hand, counting 1,2,3. Maintain left hand position and slide right hand up left arm to the shoulder, counting 4,5,6. Slide right hand down left arm and place it on top of left hand, counting 1,2,3. Slide right hand up left arm to the shoulder, counting 4,5,6. Wiggling fingers of both hands circle hands to the left side and above head, counting 1,2,3, to the right side then down in front, counting 4,5,6. Continue to wiggle fingers and circle hands again to the left side, above head, to the right side then down in front, counting to 6. Reverse directions and circle hands to the right two times, counting to 6 twice. Wiggle fingers and extend hands forward, counting 1,2,3. Wiggle fingers and return hands back in front, counting 4,5,6.

10 . . . . . THE DOO-BEE SONG
Down By The Riverside

Announcement

"We can even use our head,
While we're dancing in our bed."

Place hands on hips, counting to 4. Turn face toward left side, counting 1,2,3,4. Face forward, counting 5,6,7,8. Turn face

toward right side, counting 1,2,3,4. Face forward, counting 5,6,7,8. Continue these actions, counting to 8 two more times. Raise head up in front, counting 1,2,3,4. Lower head, counting 5,6,7,8. Raise head up, counting 1,2. Lower head, counting 3,4. Continue to nod "yes," counting 5,6,7,8. Face left side, counting 1,2. Turn head to face the right side, counting 3,4. Turn head to face the left side and continue these "no" head shaking actions, counting 5,6,7,8. Roll head in a circle to the left, counting 1,2,3,4. Roll head in a circle to the right, counting 5,6,7,8. Face forward and give a big smile.

11 . . . . . ANIMAL ACTIONS

Yankee Doodle Dandy

Announcement

"Animals have so much grace.
Watch them fly or wash their face,
Wag their tail and have much fun.
Quiet, or you'll make them run."

Say the name of an animal then get the children to do the actions along with you in time with the music.

Bird: Taking two counts for each movement, raise then lower hands out toward the sides, like a bird flying, counting to 8 twice.

Cat: Pretend to wash the face with left paw, counting to 8. Pretend to wash the face with right paw, counting to 8.

Duck: Raise fists in front of shoulders with elbows out toward the sides, counting to 8. Raise elbows, counting 1. Lower elbows, counting 2. Continue these actions, counting 3,4,5,6,7,8 then counting to 8 again.

Dog: Place hands in back, holding them close to one another like a dog's tail, counting 1,2,3,4. Wag hands to the left, counting 5, to the right, counting 6, to the left, counting 7, to the right, counting 8. Continue these tail wagging actions, counting to 8.

Goose: Hands down to the sides, raise left shoulder and lower right shoulder, counting 1. Raise right shoulder and lower left shoulder, counting 2. Continue these waddling actions, counting 3,4,5,6,7,8 then to 8 again.

Horse: Hit left hand lightly on left leg, quickly counting "and." Hit right hand harder on right leg, counting 1. Continue these galloping actions throughout the rest of this song then raise hands above head.

After the children learn how to make their hands gallop, allow them to gallop in various directions. Encourage them to use their own ideas.

12 . . . . . SEE ME JUMP
Will Ye Tarry Us Will?

Announcement

"See us jump like a frog
Who is playing on a log."

Jump hands up and down like a frog jumping in various directions, counting to 8 three times. If possible, use the feet instead of the hands part of the time.

13 . . . . . HAMMERING

I've Been Workin' On The Railroad

Announcement

"Hammering is lots of fun.
Well laid tracks help trains to run."

In time with the music, pretend to hammer with right hand, counting to 8. Pretend to hammer with left hand, counting to 8. Pretend to hammer with both hands, counting to 8.

14 . . . . . CLAPPING HANDS

Here She Comes

Announcement

"Clapping hands go up and down.
Then they go around and around."

Clap hands in front raising them above head, counting to 8. Continue clapping hands lowering them in front, counting to 8. Clap hands making a circle to the left, above head, to the right then down in front, counting to 8. Clap hands making a circle to the right, above head, to the left then down in front, counting to 8. Clap hands in front, counting to 8.

15 . . . . . TEN FINGERS, TEN TOES

The Chisholm Trail

Announcement

"I think that everybody knows
We have ten fingers and ten toes.
We have two hands, two ears, two feet,
But just one mouth so we can eat."

During the announcement, get the children to put pointing actions to the words and use exaggerated facial expressions.

Bend elbows with palms of hands toward the audience and fingers spread apart then wiggle fingers, counting 1,2,3,4. Point index fingers toward toes and wiggle toes, counting 5,6,7,8. Raise hands toward audience then point index fingers toward ears, counting 1,2,3,4. Raise both feet up, counting 5,6,7,8. If the feet cannot be raised up, point to them with index fingers. Point to the mouth then pretend to eat very fast, counting 1,2,3,4. Rub palm of right hand on tummy and smile, counting 5,6,7,8.

16 . . . . . FOLLOW US

Who Shot A Hole In My Sombrero?

Announcement

"Relax and join us in this song.
Follow us. You can't go wrong."

Audience participation seems to fill the air with friendliness. Children love to show the parents how to do something, once in awhile.

Clap hands in front, counting to 8. Pat hands on top of head, counting to 8. Hit left hand against left knee, counting 1, left thigh, counting 2. Continue these actions, counting 3,4,5,6,7,8. Hit right hand against right knee, counting 1, right thigh, counting 2. Continue these actions, counting 3,4,5,6,7,8. Thrust fists forward, counting 1. Bend elbows with fists in front of shoulders, counting 2. Repeat these actions, counting 3,4. Thrust fists diagonally up in front, counting 5. Bend elbows with fists in front of shoulders, counting 6. Repeat these actions, counting 7.8 Thrust fists forward, counting 1. Bend elbows with fists in front of shoulders, counting 2. Repeat these actions, counting 3,4. Clap hands in front, counting 5,6,7,8.

The end.

SKIP TO MY LOU

Wonderland Record LP 281
Alley Cat & Chicken Fat
Side 1 Band 6
Skip To My Lou

Announcement

When we hear Skip To My Lou,
This is what we like to do."

During the introduction, stand still and count to 8.

1. Hit left hand against the left thigh and raise right hand up, counting 1. Tap left fingers against left thigh, quickly counting "and." Raise left hand up and hit right hand against right thigh, counting 2. Tap right fingers against right thigh, quickly counting "and." Raise right hand up and continue these skipping actions, counting 3, "and," 4, "and," 5, "and," 6 "and," 7 "and," 8 then counting to 8 again.

2. Hit thighs with hands, counting 1. Raise hands up in front of shoulders, quickly counting "and." Continue these actions, counting 2, "and," 3, "and," 4, "and," 5, "and," 6, "and," 7, "and," 8 then counting to 8 again.

3. Repeat step 1.

4. Wave hands toward the left twice, as if shooing away flies, counting 1,2. In the same manner, wave hands toward the right twice, counting 3,4. In the same manner, wave hands forward four times, counting 5,6,7,8. Repeat entire step one more time, counting to 8.

5. Repeat step 1.

6. Repeat step 2.

The end.

USE YOUR FACE

Disneyland Record 1219
Walt Disney's "Babes in Toyland"
Side 2 Band 1
Floretta

Announcement

"If you really want it to,
Your face can do a lot of things.
Without sound, we almost talk
While the record loudly sings."

Say what expressions the children should do while the music is playing. Try to fit the movements with the word, mood or feelings that's created. Have them to frown, wiggle the nose like a rabbit, sway head from side to side, raise and lower hands at sides or in front, open and close the mouth, squint and blink the eyes, wink one eye then the other, make a snout like a pig, wiggle snout from side to side, smile, nod head up and down, turn head from side to side, raise and lower eyebrows, or do any other actions the children might care to do.

The end.

MARCHING HANDS AND FEET

Disneyland Record 1219
Walt Disney's "Babes in Toyland"
Side 2 Band 2
Forest Of No Return

Announcement

"Marching hands and marching feet
Keep in time with every beat."

Lying in bed or sitting up, marching with hands or feet will encourage the children to follow instructions and improve movements of their arms and legs. Get them to raise hands or feet up slightly at first. When possible, encourage the children to raise them up higher and higher.

Starting with left hand, march hands for awhile. Starting with left foot, march with feet for awhile. Then starting with left hand and left foot, march both at the same time. Make changes to fit the children's needs.

The end.

BE AN INCH WORM

Disneyland Record 1219
Walt Disney's "Babes In Toyland"
Side 2 Band 3
Go To Sleep

Announcement

"Inch worms always go to sleep
Without the slightest sound.
Like an inch worm, we will creep
Slowly on the ground."

Place fists on thighs with index fingers extended forward, counting 1,2,3. Keeping the tips of index fingers in place, bend fingers and move fists slightly forward, counting 4,5,6. Move fists forward again then in various directions. Don't strive for perfection. Improvements will come with practice, patience and perseverance.

If posible, place children on a rug covered floor, or allow them to try these motions in bed. The floor will give more room for movement. It is also good to give bed patients encouragement

and incentive to want to get out of bed. Help the children to get into a curled up position. Slowly snake hands above head, turning front of body toward the bed or floor. Put weight on arms and straighten body out as far as possible. With weight on lower part of arms, bend elbows and pull body forward, keeping head down. Pull legs up so the knees are again in a curled up position. Repeat these actions to travel like an inch worm.

CLAP HANDS, CLICK FINGERS

Disneyland Record 1219
Walt Disney's "Babes In Toyland"
Side 2 Band 4
Toyland

Announcement

"If our hands were like a stick,
Your could hear our fingers click."

During the introduction, clap hands in time with the music, counting to 8 twice plus counting to 4.

1. In time with the music, hit thumbs against the index fingers, counting to 8 twice. Hit thumbs against the second fingers, counting to 8 twice. Hit thumbs against the third fingers, counting to 8 twice. Hit thumbs against the little fingers, counting to 8 twice.

2. Repeat step 1.

3. Clap hands in front, counting to 8. Clap hands and raise hands above head, counting to 8. Clap hands and sway them above head to the left, counting to 8. Clap hands and return them above head, counting to 8. Clap hands and

sway them above head to the right, counting to 8. Clap hands and return them above head, counting to 8. Clap hands and lower them in front, counting only to 4.

The end.

SHAKE A HAND, SHAKE A LEG

Disneyland Record 1219
Walt Disney's "Babes In Toyland"
Side 2 Band 5
Workshop Song

Announcement

"You can't look unhappy
Unless you're very sad.
That's why we should laugh and play
To make our parents glad."

During the introduction, count to 8 twice.

1. Raise hands up in front with wrists bent so fingers are diagonally down toward one another. Maintain right hand position and shake fingers of left hand down and out toward the left, counting 1,2. Twist left wrist to return fingers toward the right hand, counting 3,4. Continue these actions, counting 5,6,7,8. Repeat these actions, counting to 8. Maintain left hand position and reverse these finger shaking actions with the right hand, counting to 8 twice.

2. Lift left leg up with left knee bent. If necessary, hold it up with hands above the back of knee. Twist ankle to shake left foot out toward the left, counting 1,2. Twist left ankle to bring left foot toward the right, counting 3,4. Continue these actions, counting 5,6,7,8. Repeat these actions, counting to 8. Lower left leg and raise right leg up with

knee bent. If necessary, hold it up with hands above back of knee. Twist ankle to shake right foot out toward the right, counting 1,2. Twist right ankle to bring right foot toward the left, counting 3,4. Continue these actions, counting 5,6,7,8. Repeat these actions, counting to 8 two more times.

3. Lower right leg and shake hands in front taking only one count for each shake, counting to 8. In the same manner, shake hands, extending them out toward the sides, counting to 8. Continue to shake hands, raising them above head, counting to 8. Shake hands, lowering them in front, counting to 8. Shake hands, circling them out to the sides, counting to 8. Shake hands and return them in front of body, counting to 8.

4. Repeat step 2, taking only one count for each movement, counting to 8 five times.

5. Taking only one count for each shake, shake left hand forward, counting to 8. Maintain left hand position and shake right hand forward, counting to 8. Maintain right hand position and shake left hand out toward left side, counting to 8. Maintain left hand position and shake right hand out toward right side, counting to 8. Maintain right hand position and shake left hand above head, counting to 8. Maintain left hand position and shake right hand above head, counting to 8.

6. Shaking both hands, circle them toward the left side, counting 1,2,3,4 then down, counting 5,6,7,8, up toward the right side, counting 1,2,3,4 then above head, counting 5,6,7,8. Continue shaking hands and circle them toward the right side, counting 1,2,3,4, down in front, counting 5,6,7,8, up toward the left side, counting 1,2,3,4 then above head, counting 5,6,7,8. Lean back in chair, or lie

down in bed, counting to 8. Raise hands and feet up as high as possible and shake them very fast, counting to 8 two more times.

The end.

ROCK A BABY DOLL

Disneyland Record 1219
Walt Disney's "Babes In Toyland"
Side 2 Band 6
Just A Toy

Announcement

"This is the way to put dolly to sleep.
Rock her gently. She is so sweet."

During the introduction, pretend to pick up a baby doll, counting to 6. If possible, a real doll can be used. Rest the doll close to the left shoulder, counting to 6. Hold her in place with right hand and cradle left arm in front, counting to 6. Lay the doll in left arm and slide right hand down to hold left arm between elbow and wrist, counting to 6.

1. Turn head as if looking at the doll and rock arms toward the left, counting 1,2,3. Rock arms toward the right, counting 4,5,6. Continue to face the audience and rock arms to the left and then right, counting to 6 three more times.

2. Turn diagonally forward toward the left and repeat step 1, counting to 6 four times.

3. Face forward and repeat step 1, counting to 6 four times.

4. Turn diagonally forward toward the right and repeat step 1. counting to 6 four times.

5. Turn to face the audience, still looking at the doll, counting to 6. Bend forward as if starting to lay the doll down, counting to 6. Slip right hand out from under the doll, counting to 6. Slip left hand from under the doll, counting to 6.

6. Staighten up and pretend to pick up a mirror with the left hand and a comb or brush with the right hand, counting to 6. If possible, use a real hand mirror and comb or brush. Hold the mirror diagonally up toward the left, look into it and comb or brush hair, tilting head back, counting to 6. Repeat the combing or brushing actions, counting to 6 six more times.

7. Lay comb and mirror down then pick comb up with left hand and mirror with right hand, counting to 6. Hold mirror dagonally up toward the right, look into it and comb hair, tilting head back, counting to 6. Repeat the combing actions, counting to 6 five more times. Lay comb and mirror down, place hands in lap and bow head, counting to 6. Hold position.

The end.

THE BAND LEADER

Disneyland Record 1219
Walt Disney's "Babes In Toyland"
Side 2 Band 7
March Of The Toys

Announcement

"It takes a lot of people
To make a good parade.
So let's pretend we're more than one
And we will have it made."

Pretend to lead the band. Pretend to play a horn, violin, bass fiddle, beat a drum, march with hand or foot movements then lead the band again. Fit the instruments to those played on the record.

These actions can be repeated many times in routine form, or by calling out the names of different instruments. Everyone can do the same actions, or groups can play only certain instruments. If toy instruments are used, make certain all parts are secure and safe.

The end.

SWAY AND TURN

Disneyland Record 1219
Walt Disney's "Babes In Toyland"
Side 2 Band 8
Tom And Mary

Announcement

"With our hands we swing and sway,
Like we're dancing every day."

During the introduction, counting to 6 four times.

1. Leading with the back of wrists, sway hands shoulder high toward the left, counting 1,2,3. Leading with the back of wrists, sway hands shoulder high toward the right, counting 4,5,6. Repeat these actions, counting to 6 seven more times.

2. Swing hands down across the front of body, up to the left side and above head, counting 1,2,3. Circle hands toward the right side, down in front then shoulder high toward the left side, counting 4,5,6. Swing hands down across the front of body, up to the right side and above head, counting

1,2,3. Circle hands toward the left side, down in front then shoulder high toward the right side, counting 4,5,6. Repeat these actions, counting to 6 six more times.

3. Place right hand in lap and swing left hand above head then diagonally up toward the left, counting 1,2,3. Sway left hand above head toward the right, counting 4,5,6. Sway left hand above head toward the left, counting 1,2,3. Sway left hand above head toward the right, counting 4,5,6. Continue these actions, counting to 6 two more times. Place left hand in lap and swing right hand diagonally up toward the right, counting 1,2,3. Sway right hand above head toward the left, counting 4,5,6. Sway hand above head toward the right, counting 1,2,3. Sway right hand above head toward the left, counting 4,5,6. Continue these actions, counting to 6 two more times.

4. Sway both hands above head toward the right, counting 1,2,3. Sway both hands above head toward the left, counting 4,5,6. Repeat these actions, counting to 6 three more times. Circle hands toward the front, to the left, counting 1,2,3, toward the back bending elbows slightly then toward the right, counting 4,5,6. Repeat these circular actions, counting to 6 three more times.

5. Make a figure eight with both hands, swinging them down toward the left, counting 1, diagonally up toward the left, counting 2,3, down across the front of body and toward the right, counting 4 then diagonally up toward the right, counting 5,6. Continue to make figure eights, counting to 6 six more times. Extend hands out toward the sides, counting 1,2,3. Place hands in lap and bow head, counting 4,5,6. Hold position.

The end.

SONG IN ACTION

RCA Record LSO-1031
South Pacific
Side A Band 8
Bali Ha'i

Announcement

"This is such a lovely song.
With our hands, we dance along."

During the introduction, hold hands in lap and count to 8. Slowly extend hands waist high in front with palms down and count to 8. Elbows straight, turn palms toward one another and raise hands above head, counting to 8. Stretch hands up high and hold this position, counting to 8. Lower hands shoulder high toward the sides, counting to 8. Palms down, circle hands toward the front, counting to 8. Hold this position, counting to 8. Lower hands to sides with palms down, counting to 8.

1. With palms parallel to the floor, make small circles, extending hands forward, toward the sides then back, counting 1,2,3,4. Repeat these actions, counting 5,6,7,8. Raising hands higher in front with palms toward the audience, make two slightly larger circles, counting to 8. Raising hands higher in front with palms toward the audience, make two larger circles, counting to 8. Raising hands as high as possible in front with palms toward the audience, make two very large circles, counting to 8.

2. Right hand to the side, raise left hand shoulder high toward the left side with elbow straight and palm toward the side, fingers together pointing up, counting 1,2,3,4. Turn palm in and raise left hand above head, counting 5,6,7,8. Elbow straight, lower left hand shoulder high toward the left side with palm toward the side and fingers together pointing up,

counting 1,2,3,4. Lower left hand to side, counting 5,6,7,8. Left hand to the side, raise right hand shoulder high toward the right side with elbow straight and palms toward the side, fingers together pointing up, counting 1,2,3,4. Turn palms in and raise right hand above head, counting 5,6,7,8. Elbows straight, lower right hand shoulder high toward the right side with palm toward the side and fingers pointing up, counting 1,2,3,4. Lower right hand to side, counting 5,6,7,8.

3. Raise both hands shoulder high toward the sides with elbows straight and palms turned toward the sides, fingers together pointing up, counting 1,2,3,4. Turn palms in and raise hands above head, counting 5,6,7,8. Elbows straight, lower hands shoulder high toward the sides with palms toward the sides and fingers together pointing up, counting 1,2,3,4. Lower hands to sides, counting 5,6,7,8. Elbows straight and palms turned in, raise hands shoulder high in front, counting 1,2,3,4. Raise hands above head, counting 5,6,7,8. Lower hands shoulder high in front, counting 1,2,3,4. Lower hands to sides, counting 5,6,7,8.

4. Bend left elbow raising left hand toward mouth, counting 1,2,3,4. Straighten elbow, extending left hand diagonally forward toward the left, counting 5,6,7,8. Maintain left hand position and bend right elbow raising right hand toward mouth, counting 1,2,3,4. Straighten elbow, extending right hand diagonally forward toward the right, counting 5,6,7,8. Bend both elbows, returning hands toward mouth, counting 1,2,3,4. Straighten elbows, extending hands diagonally forward toward the sides, counting 5,6,7,8. Bend both elbows, returning hands toward mouth, counting 1,2. Straighten elbows, extending hands diagonally forward toward the sides, counting 3,4. Elbows straight, turn palms toward one another and circle hands forward, counting 5,6,7,8.

5. Bend elbows and quickly place hands in front of shoulders with palms turned toward one another, counting 1,2. Thrust hands shoulder high in front, counting 3. Bend elbows and return hands in front of shoulders, counting 4. Continue to thrust hands forward then return them in front of shoulders, counting 5,6,7,8. Repeatedly thrust hands above head then return them in front of shoulders, counting to 8.

6. Right hand remains in front of right shoulder. Thrust left hand forward, counting 1,2. Return left hand in front of left shoulder and thrust right hand forward, counting 3,4. Return right hand in front of right shoulder and thrust left hand forward to repeat these actions, counting 5,6,7,8. Continue these actions thrusting hands diagonally up toward the front, counting to 8. Continue these actions thrusting hands above head, counting to 8. Continue these actions, thrusting hands forward, counting to 8.

7. Lower hands and repeat step 1, counting to 8 four times.

8. Arms parallel and leading with the back of hands, sway hands shoulder high toward the left, counting 1,2. Turn wrists and leading with the back of hands, sway hands shoulder high toward the right, counting 3,4. Repeat these actions, counting 5,6,7,8. Continue these actions lowering hands slightly with each sway, counting to 8.

9. Right hand to side and left elbow straight, circle left hand shoulder high toward left side then above head, counting 1,2,3,4. Maintain left hand position and circle right hand shoulder high toward right side then above head, counting 5,6,7,8. Elbows straight, wrists and fingers relaxed, lower hands shoulder high toward the sides, counting 1,2,3,4. Raise hands above head, counting 5,6,7,8. Lower hands shoulder high toward the front, counting 1,2,3,4. Raise hands above head, counting 5,6,7,8. Lower hands shoulder

high toward the front, counting 1,2,3,4. Raise hands above head, counting 5,6,7,8. Lower hands shoulder high toward the sides, counting 1,2,3,4. Place hands in lap, counting 5,6,7,8. Bow head and hold position, counting to 8.

The end.

PLAY BALL

Dunhill ABC Records DSX-50153/2
20 Golden Hits Of The 60s
Side A Band 1
Love Theme From "The Flight Of The Phoenix"

Announcement

"This is the way
We learn to play,
By following the leader."

Try not to use a set routine so the children will learn how to follow instructions better. Get them to follow whatever motions that are called out.

During the introduction, pretend to pick up a ball. Look at it. Hold it out so the audience can see it. Pretend to show it to the people toward the left side, those in front then those toward the right side. Return ball in front of body and look at it.

1. Turn the ball with both hands. Take ball in left hand and throw it diagonally forward toward the right. Watch it go up in the air then hold both hands in front above head and catch the ball. Smile and turn the ball around in both hands. Take the ball in the right hand and throw it diagonally forward toward the left. Watch it go up in the air then hold both hands in front above head and catch the ball. Smile.

2. Repeat step 1, throwing the ball in different directions. The children might even turn to face a partner and throw the ball to one another.

3. Bounce the ball several times with the left hand. Bounce the ball several times with the right hand. Repeat these actions. Bounce the ball from the left hand to the right hand then back to the left hand and continue these actions. Pretend to drop the ball and pick it up again. During the course of the routine if only one drops the ball at a time, it should be explained to the audience so they know what's going on. It also looks cute.

4. Taking turns, bounce the ball to be caught by a partner. Then the partner should bounce the ball back to be caught by the other partner. Repeat these actions. Everyone turn the ball around in their hands, eye the audience then throw the ball to someone in the audience.

The end.

THE MARACAS

Dunhill ABC Records DSX-50153/2
20 Golden Hits Of The 60s
Side A Band 4
The Girl From Ipanima

Announcement

"Shake maracas all around.
This is how we go to town."

During the introduction, count to 8 twice with the beat of the drums. Raise hands shoulder high in front, counting to 8 two more times.

1. Shake the maracas the same way throughout this routine, changing only the directions of the hands. Maracas in hands, shake left hand down, raising right hand shoulder high in front, counting 1. Shake right hand down, raising left hand shoulder high in front, counting 2. Shake left hand down, raising right hand shoulder high in front, counting 3. Quickly shake right hand down, raising left hand slightly, counting "and." Quickly shake left hand down, raising right hand shoulder high in front, counting 4. Shake right hand down, raising left hand shoulder high, counting 5. Shake left hand down, raising right hand shoulder high, counting 6. Shake right hand down, raising left hand sholder high, counting 7. Quickly shake left hand down raising right hand slightly, counting "and." Quickly shake right hand down, raising left hand shoulder high, counting 8. Continue shaking the maracas in the same manner, counting to 8 three more times.

2. Turn and shake maracas diagonally forward toward the left, counting to 8 twice. Turn and shake maracas diagonally forward toward the right, counting to 8 twice.

3. Face forward and shake maracas in two large circles, shaking them down then shoulder high toward the left, counting 1,2,3,4, above the head, counting 5,6,7,8, shoulder high toward the right, counting 1,2,3,4 then down in front, counting 5,6,7,8. Repeat these actions, counting to 8 two more times. Shake the maracas shoulder high toward the right, counting 1,2,3,4, above head, counting 5,6,7,8, shoulder high toward the left, counting 1,2,3,4 then down in front, counting 5,6,7,8. Repeat these actions, counting to 8 two more times.

4. Shake maracas raising hands shoulder high in front, counting to 8, above head, counting to 8, lowering hands shoulder high in front, counting to 8 then down in front, counting to 8.

5. Repeat step 1, counting to 8 four times.

6. Shake left maraca diagonally forward toward the right, counting 1. Finish shaking the maracas in the regular manner facing forward, counting 2,3,"and,"4. Shake right maraca diagonally forward toward the left, counting 5. Finish shaking the maracas in the regular manner facing forward, counting 6,7,"and,"8. Repeat these actions, counting to 8 three more times.

7. Repeat step 3, counting to 8 eight times.

8. Shake left maraca diagonally forward toward the left, counting 1. Finish shaking the maracas in the regular manner facing forward, counting 2,3,"and,"4. Shake right maraca diagonally forward toward the right, counting 5. Finish shaking maracas in the regular manner facing forward, counting 6,7,"and,"8. Repeat these actions, counting to 8 three more times. Shake maracas shoulder high in front, counting to 8. Shake maracas down by sides, counting to 8. Hands to sides, bow head.

The end.

BALLOONS OR FEATHERS

RCA Record CPL 1-1843-B
Henry Mancini
Side B Band 2
Mr. Lucky

Announcement

"Balloons or feathers dance on air.
See them dancing everywhere."

Pretend to have a balloon or feather to use with these actions. Later, teach them using a balloon and eventually, using a feather. Both ways can be done in front of an audience.

If a child should drop the balloon or feather, help to retrieve it and carry on with the routine. Do not strive for perfection. Expect the balloons or feathers to get out of control. Ham it up with the children. They will love it. Their laughter will be one of the greatest rewards for your efforts.

During the introduction, count to 8 seven times with the following actions: Pass out the balloons. As soon as each child gets one, they should examine it with both hands, hold it with the left hand and show it to the audience toward the left. Transfer balloon to the right hand and show it to the audience toward the right. Examine the balloon with both hands.

1. Slowly and carefully, throw the balloon up in the air then catch it with both hands, counting to 8. Repeat these actions, counting to 8 three more times.

2. Raise balloon above head with both hands. Bend elbows with head back and try to blow the balloon up in the air then catch it, counting to 8. Repeat these actions, counting to 8 three more times.

3. Place balloon on back of left hand and gently toss it up in the air then catch it with both hands, counting to 8. Repeat these actions, counting to 8. Place balloon on back of right hand and gently toss it up in the air then catch it with both hands, counting to 8. Repeat these actions, counting to 8.

4. Hold the balloon with left hand and sway it toward the left then forward and toward the right, counting to 8. Repeat these actions, counting to 8. Place balloon in right hand and sway it toward the right then forward and toward the left, counting to 8. Repeat these actions, counting to 8.

5. Repeat step 1, counting to 8 four times.

6. Repeat step 2, counting to 8 four times.

7. Toss the balloon up in the air. When it comes down, try to hit it up in the air again and again, counting to 8 twice. Catch the balloon then repeat these actions, counting to 8 twice. Catch the balloon, hold it out toward the audience and bow the head.

If using a feather the actions are the same. Step 7 can be changed to blow the feather up in the air again, instead of hitting it up.

The end.

SWEEP AND DUST

Dunhill ABC Records DSX-50153/2
20 Golden Hits Of The 60s
Side A Band 3
Moon River

Announcement

"Sweep and dust high and low.
That will make the whole room glow."

This routine is more fun for the children if they are capable of using a small feather duster and a child's broom or a whisk broom. If their abilities are too limited, an imaginary duster and broom can be used.

During the introduction, place hands on hips, look all around the room then look high and low, counting to 8 twice. Pick up feather duster and place it close to the left side, counting to 8. Pick up broom. Hold it with both hands facing forward and get into position to sweep, counting to 8.

1. Taking two counts for each sweeping action, sweep the floor or bed toward the left then toward the right, counting to 8 twice. Turn and sweep toward the left, counting to 8 twice.

2. Turn and sweep toward the front, counting to 8 twice. Turn and sweep toward the right, counting to 8 twice. Turn forward on the extra counts of 1,2,3,4.

3. Reach out and sweep toward the left then up in the air toward the left, counting to 8. Making a large circle, continue to sweep above head then toward the right, counting to 8. Lower hands, sweeping toward the right side, counting to 8. Sweep down toward the front, counting to 8.

4. Reach out and sweep toward the right then up in the air toward the right, counting to 8. Making a large circle, continue to sweep above head then toward the left, counting to 8. Lower hands, sweeping toward the left side, counting to 8. Sweep down toward the front, counting to 8.

5. Stop sweeping and look all around the room, counting to 8. Place the broom to the right on the bed, or beside the chair, counting to 8. Pick the feather duster up in the left hand and place it in the right hand, counting to 8.

6. Turn and dust all around toward the right side, counting to 8 four times.

7. Place the duster in the left hand, turn and dust all around toward the left side, counting to 8 four times.

8. Duster in left hand, dust in front and above head, counting to 8. Dust toward the front and down, counting to 8. Reach out and dust toward the left side, counting to 8. Reach across and dust toward the right side, counting to 8.

9. Place duster in right hand, dust up in front and above head, counting to 8. Dust toward the front and down, counting to 8. Reach out and dust toward the right side, counting to 8. Reach across and dust toward the left side, counting to 8.

10. Dust toward the front, counting to 8. Bend forward and dust the feet then knees, counting to 8. Dust the chest then the head, counting to 8. Smile and tuck duster under left arm on the extra counts of 1,2.

The end.

A TRIP TO THE MOON

United Artists Records UA-LA 855 G
Ferrante & Teicher, Star Wars
Side 2 Band 1
Stairway To The Stars

Announcement

"Now we're going to the moon,
But we'll be back very soon."

During the introduction, the children stand still and slowly count to 4 then count to 8 four times. The announcer stands still then says, "We are ready for our trip to the moon. Countdown: 8,7,6,5,4,3,2,1, Blast off."

After making the announcement, the announcer should walk to one side of the stage and remain there to interpret the movements as they are being done.

1. "Blast up high in the sky."

   Elbows straight and fingers relaxed, raise hands shoulder high toward the sides, counting 1. Bending knees slightly,

lower hands to sides, counting 2. Straighten knees and swing hands up toward the sides and above head, counting 3. Hold this position, counting 4.

"The moon is big and beautiful."

Raise head upward, counting 1,2,3,4. Bend elbows and touch fingers to make a large circle with the arms, counting 5,6,7,8. Hold arm position and twist body toward the left, counting 1,2. Turn body and arms toward the front, counting 3,4. Turn body toward the right, counting 5,6. Turn body and arms forward, counting 7,8.

"After landing on the moon,"

Arms still in a circle, bend forward at the waist, counting 1,2. Extend hands forward then out toward the sides and straighten up, counting 3,4.

"We look around in wonderment."

Placing left hand above the eyes, lean and look toward left side, counting 1. Still leaning, turn to look forward, counting 2. Lower left hand to side, place right hand above the eyes then lean and look toward right side, counting 3. Still leaning, turn to look forward, counting 4. Lower right hand to side and look at the floor out toward the left, counting 5. Scan the floor and look in front, counting 6 then look toward the right side, counting 7. Looking forward, place hands on hips and shake head back and forth, counting 8.

2. "Everything looks different. It all looks so strange."

Raise both hands shoulder high toward the left side, lean and look beyond hands, counting 1,2. Circle hands forward and continue to lean and look beyond hands, counting 3,4.

Lower hands and extend them diagonally down in back with elbows straight, counting 5,6. Hold this position, counting 7,8. Look around in various directions, counting to 6. Lower hands to sides and look forward, counting 7,8.

"Such beauty we have never seen."

Turn head toward the left, counting 1,2. Turn head toward the right then forward, counting 3,4.

"We must walk around."

As if walking, step left hand or foot forward then step right hand or foot beside it, counting 1,2. Twist hands or feet toward the left side, counting 3 then forward, counting 4. Step right hand or foot forward then step left hand or foot beside it, counting 5,6. Twist hands or feet toward the right side, counting 7 then forward, counting 8.

3. "We'll have to take some of these beautiful rocks home."

Step left hand or foot back, counting 1,2. Hold position, counting 3,4. Curve left arm as if it is a basket and look down at it, counting 5,6. Bend right elbow, placing right hand close to left hand, counting 7,8.

"They're out in space and on the ground."

Lean and pick up things that are close at hand. Reach out and pick up things that are farther away toward the front, the left side, the right side, shoulder high and up in the air in all directions. Place them in the basket with every reach, counting to 8 twice.

"We've gathered all that we can take, so we must put them away."

Looking at it, pretend to take the basket with both hands and place it to the left side of the bed or chair, counting 1,2. Straighten up and point right hand up diagonally toward the right, counting 3,4.

"See the stars and the Earth. Look! There's the Milky Way."

Point right hand diagonally down toward the right, counting 5,6. Lower right hand to side and look out toward the left side and swing left hand shoulder high toward the left, counting 7,8.

4. "And now it's time for one more look."

Look and extend both hands shoulder high toward the left side, counting 1,2. Continue to look beyond the hands and circle them shoulder high in front, counting 3,4 then shoulder high toward the right side, again counting 1,2. Circle hands above head then diagonally up toward the left, counting 3,4. Sway hands above head then diagonally up toward the right, counting 5,6. Lower hands in front, counting 7,8.

"Write about all the things that have been seen."

Raise palm of left hand up diagonally forward toward the left, counting 1,2. Pick up a pen with the right hand, counting 3,4. Zigzag right hand above left hand, as if writing in a book, counting 5,6,7,8.

"And now I guess we're homeward bound, to show the world what we have found."

Lay book and pen down. Extend hands toward the sides, raising them slightly and lowering them, counting 1,2. Raise hands diagonally up toward the sides then lower

them, counting 3,4. Swing hands toward the sides then above head, as if flying through space with head held up high, counting 1,2,3,4,5,6. Lower hands out toward the sides then place them in lap and bow head, counting 7,8.

The end.

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WORKING WITH MENTALLY RETARDED CHILDREN

Working with mentally retarded children is quite a challenge. Yet never underestimate these children. Even the scientists are amazed to discover what great mental and physical improvements can be accomplished by giving loving care, understanding encouragement and persistent determination for improvement.

Mentally retarded children often have multiple handicaps. They are very affectionate, so you must be warm toward them without actually remaining close to them. They are very concerned and helpful to the needs of others. They love a fast, jazzy beat of the music. But I usually explain to them that we must sometimes do a lot of different things in life. Therefore, we must also do different things when we dance. And dancing slowly is a nice way to get your breath and cool off a bit, after doing a fast dance.

For a mentally retarded, cerebral palsied child wearing a leg brace, it's much more fun to try and bend a knee and raise a foot up from the floor in order to march in time with a lively tune than to try and bend a knee and raise a foot up from the floor just to walk, or go up some steps.

Without knowing it, children can learn much by doing things for fun. If they can raise their feet up while marching, the same movements can be applied in order to walk up steps.

The gradual improvements that you see in the ability of mentally retarded children should help make your venture of working with them become one of the most rewarding experiences in your life.

Most of the routines in Chapter 6 can also be taught to mentally retarded children. Try to fit what you teach to the interests and needs of your classes.

It might be helpful for you to know about a couple of children that I worked with when I first started to work with mentally retarded children at a school in Cincinnati, Ohio.

The second week that I worked at that school, I took the classes by myself. You can imagine the thoughts that ran through my mind when a thin, tall twelve-year old girl suddenly ran toward me, raising her bent elbows out to the sides and giving out with a horrible shriek. The other children continued doing their movements with the music. I frowned at the girl and ordered her to go back in the line with the other children. The child looked shocked and surprised at my response then slowly returned to her place in line.

These actions were repeated by the same girl during the following lesson. But she wasn't in the class the week after that. I was told that her condition had gotten so bad, she was placed in a mental hospital.

This was a very isolated case and quite different than one in another class.

In this case, there was a handsome little seven-year old boy. Cerebral palsy caused him to be equipped with a leg brace and a head protecting football helmet. His knees bent inward. His right hand was twisted down and clutched close to his waist in front of his body. His left elbow was bent and his left hand jerked mechanically as he walked. In case she was needed, a teacher stood by his side to help him keep his balance. Along with all of this, the child was also mentally retarded.

In the middle of the second session with this particular class,

little Chucky shoved his teacher aside. His feelings of being independent proved to be correct. From then on, he didn't need any help to keep his balance. His teacher and I carefully watched his actions without being noticed. We didn't want him to think that we didn't have confidence in him. He got along fine.

The only time that Chucky showed any doubts in himself was when I started to hand out brightly colored crepe paper ribbons. Each child got two ribbons — one to be held in each hand. As soon as the ribbons were in their hands, the children started swinging them around. The lively twinkle left Chucky's eyes. He looked quite forlorn. I purposely gave him his ribbons last. In this way, he had time to build up a very strong desire to hold and swing his crepe paper ribbons around.

But this would not be easy for Chucky to do, since he couldn't open his right hand at all and had no use of his right arm. He could open and close his left hand a little bit. He could also raise his left hand only as high as his eyes.

In spite of this, I helped Chucky to take one ribbon in his left hand and poked the other ribbon under the curled up fingers of his right hand. Then I showed the children how they could twirl their ribbons in many different ways. Even Chucky was delighted to see his ribbons move slightly in the air.

I only allowed this fun to last for about three minutes. If children have to quit doing things while they are still having fun and want to continue doing it, they will always be most anxious to repeat doing it in the future.

The following week, I started teaching the class a Ribbon Dance. I made it up with the idea of helping Chucky to get more use of his hands and arms. We never worked with the ribbons any longer than three or four minutes each lesson.

By the time I had worked with the ribbons only five times with this class, little Chucky was doing just fine. He was able to march in place by not raising his right foot very high. He would swing his left arm vigorously and raise his left knee as high as anyone else in the class. He could also open his left hand farther and open his right hand enough to take hold of a ribbon by himself. He could also swing the ribbons hard enough to raise

his left hand up above his head and raise his right hand as high as his nose. He was a joy to watch. And by the following year, Chucky was even able to run.

To my way of thinking, the determination of this child to do the same actions as his classmates, along with the will of God, produced what I consider a Modern Miracle.

EXERCISES

Disneyland Record 3815
Mickey Mouse Club Song Hits
Side 1 Band 2
The Merry Mouseketeers

Announcement

"The same time we're having fun,
Arithmetic has just begun.
Forward, side, bend, straight.
Soon we learn to count to eight."

During the introduction, stand still and count to 8.

1. Knees straight, feet slightly apart, bend forward as far as possible and try to touch toes with hands, counting 1,2. Straighten up and lower hands to sides, counting 3,4. Raise heels up and stretch hands high above head, counting 5,6. Drop heels and lower hands to sides, counting 7,8. Repeat entire step three more times.

2. Elbows straight, circle left hand forward, above head, down in back then to side, counting 1. Repeat these actions with hand above head, counting 2, down to side, counting 3, above head, counting 4, down to side, counting 5, above head, counting 6, down to side, counting 7 then hold

position, counting 8. Circle right hand forward, above head, down in back then to side, counting 1. Repeat these actions with hand above head, counting 2, down to side, counting 3, above head, counting 4, down to side, counting 5, above head, counting 6. down to side, counting 7, then hold position, counting 8. Repeat entire step, counting to 8 twice.

3. Swing hands shoulder high in front and keep them there, doing eight knee bends, taking two counts to bend knees and two counts to straighten them, counting to 8 four times.

4. Bend knees and place hands on floor toward outer side of feet, counting 1,2. This is called the "kitty cat" position. Place weight on hands, hop feet toward the back with knees straight and toes turned under, counting 3,4. This is called the "elephant" position. Jump feet back to "kitty cat" position, counting 5,6. Stand up straight with hands down to sides, counting 7,8. Repeat entire step three more times, calling "kitty cat, elephant, kitty cat, and up." In standing up, a little jump can be made and the children love calling these positions by their names.

5. Jump feed apart toward sides and swing hands up toward sides then clap them together above head, counting 1,2. Jump feet together and swing hands down to sides, counting 3,4. This is called a "jumping Jack." Do another "jumpin Jack" counting 5,6,7,8. Continue doing "jumping Jacks," counting to 8 three more times. Taking only one count for each jump, do eight more "jumping Jacks" then hold position.

The end.

KEEPING TIME

Disneyland Record 1219
Walt Disney's "Babes In Toyland"
Side 1 Band 1
Mother Goose Village and Lemonade

Same as in Chapter 6.

Many routines in this book can be used for different handicapped children. Fit the material to the ability, in order to obtain the desired results.

THE RIBBON DANCE

Vista Records STER 5005
Mary Poppins
Side 1 Band 7
Jolly Holiday

Announcement

"Colored ribbons look so nice
When tied on long, dark hair.
But they're prettier by far
When swirling in the air."

For this routine, use different colored crepe paper streamers or ribbons. Before passing them out, explain what the different colors are and get the children to repeat the names of the colors when holding them up one at a time. Also encourage them to tell you what color ribbon they wish to select and point it out, when giving each child two ribbons to use. As soon as they get their ribbons, allow the children to hold one in each hand, swing them around, whirl and twirl any way they please, while passing

out the rest of the ribbons. This will encourage them to learn how to make decisions of their own, use their body muscles more freely and to exercise self-expression.

Always stop while the children still want to continue doing things. By doing this, they never tire of doing an activity and are always eager to do it again.

During the introduction, stand on stage, holding a ribbon in each hand with hands down to sides and count to 8.

1. Elbows straight, raise hands forward then above head, counting 1,2. Lower hands forward then down to sides, counting 3,4. Repeat these actions, counting 5,6,7,8. Continue doing these actions, counting to 8 plus an extra count of 1,2,3,4.

2. Elbows straight, raise hands out toward sides then above head, counting 1,2. Lower hands out toward sides then down to sides, counting 3,4. Repeat these actions, counting 5,6,7,8. Continue doing these actions, counting to 6. Hold hands shoulder high toward sides, counting 7,8 then hold position during the pause in music.

3. Keeping hands shoulder high with elbows straight, twist body and head toward the left, swinging hands in same direction still out toward the sides, counting 1,2. Twist body and head to face forward with hands still shoulder high toward sides, counting 3,4. In the same manner, twist body toward right side, counting 5,6. Turn to face forward, counting 7,8. Repeat entire step three more times.

4. Lower hands to sides, quickly swing left hand in a circle forward, above head, counting "and," then down in back to complete the circle, counting 1. Continue making circles with left hand, counting 2 when above head, 3 when down to side, 4 when up, 5 when down, 6 when up, 7 when down

and hold this position with left hand and raise right hand forward then above head, counting 8. In the same manner, circle right hand toward the back, counting to 8. Repeat circling left hand back, counting to 8 then right hand, counting to 8, but on the last count, raise both hands forward and above head.

5. Circle both hands at the same time, using movements and counts of step 4, counting to 8 only three times. Lower hands to sides and hold position, counting to 8.

6. Step left foot toward left side, counting 1. Step right foot beside left foot, counting 2. Bend knees and swing hands forward then above head, counting 3. Straighten knees and swing hands forward then down to sides, counting 4. Repeat these actions, counting 5,6,7,8. Continue doing these actions, counting to 8. Step right foot toward right side, counting 1. Step left foot beside right foot, counting 2. Bend knees and swing hands forward then above head, counting 3. Straighten knees and swing hands forward then down to sides, counting 4. Repeat these actions, counting 5,6,7,8. Continue doing these actions, counting to 8.

7. Raise hands shoulder high toward sides and turn in a circle to the left by stepping left foot toward left side, counting 1. Step ball of right foot beside left heel with right knee bent and face left side of stage, counting 2. Turning toward the left, step left foot toward the back of stage, counting 3. Step ball of right foot beside left heel, counting 4. Step left foot toward right side of stage, counting 5. Step ball of right foot beside heel of left foot, counting 6. Step left foot toward the audience, counting 7. Step ball of right foot beside left heel, counting 8. Repeat this step, counting to 8, but on the last count of 8, don't put any weight on ball of right foot. Hands still shoulder high toward the sides, turn and step right foot toward the right side, counting 1. Step ball of left foot beside right heel with left knee bent and

face right side of stage, counting 2. Turning toward the right, step right foot toward the back of stage, counting 3. Step ball of left foot beside right heel, counting 4. Step right foot toward left side of stage, counting 5. Step ball of left foot beside right heel, counting 6. Step right foot toward the audience, counting 7. Step ball of left foot beside right heel, counting 8. Repeat this step, turning to the right, counting to 8, but on the last count step left foot beside right foot and lower hands to sides.

8. Repeat step 7, counting to 8 four times. Hold hands above head on last count of 8, pause, lower hands in front then down to sides, bend forward at the waist and lower head for a bow.

The end.

BALLIN' THE JACK

Epic Records 45 RPM 15-2216
Memory Lane — Georgia Gibbs
Ballin' The Jack

Announcement

"It won't take long
To get the knack
Of doing what's called
Ballin' The Jack."

After the children learn the actions of the dance, teach them the words one line at a time then sing them with the actions. It's fun and makes the routine easier to do.

During the introduction, stand in place and count to 8 twice.

1. Raise arms diagonally forward toward the sides with elbows bent and in a loose, relaxed manner, stepping left foot toward left side, counting 1. Slide then step right foot beside left foot, counting 2. Repeat these actions three more times, counting 3,4,5,6,7,8. Fit actions to the words. "Now first you put your two knees close up tight."

2. Place hands on knees, bend them toward the left and raise heels up, counting 1. Lower heels, counting 2. Knees toward the left, raise heels up, counting 3. Lower heels, counting 4. Hands still on knees, bend knees toward the right and raise heels up, counting 5. Lower heels, counting 6. Knees toward the right, raise heels up, counting 7. Lower heels and stand straight, counting 8. Fit actions to the words. "And you swing them to the left and then you swing them to the right."

3. Turn to face left side, swing hands in a walking manner and step left foot forward toward the left, counting 1. Bend knees, counting 2. Turn to face back of stage and step right foot forward, counting 3. Bend both knees, counting 4. Turn to face right side of stage and step left foot forward, counting 5. Bend both knees, counting 6. Turn to face audience and step right foot forward, counting 7. Bend both knees, counting 8. Fit actions to the words. "You step around the floor kind of nice and light."

4. Step left foot beside right foot, knees together, place hands on knees and bend them. Raise heels up and twist knees in a circle toward the left, forward toward the right then lower heels. Twist knees in the same manner three more times, taking two counts for each circle. Fit actions to the words. "Then you twist around and twist around with all your might."

5. Straighten up and extend hands shoulder high toward the sides. In a relaxed manner, step right foot toward right

side, counting 1. Slide then step left foot beside right foot, counting 2. Repeat these actions three more times, counting 3,4,5,6,7,8. Fit actions to words. "Spread your lovin' arms 'way out in space."

6. Hands still shoulder high toward the sides, step left foot toward left side, counting 1. Tap ball of right foot beside left foot, tilting body and hands toward left side, counting 2. Straighten up and step right foot toward right side, counting 3. Tap ball of left foot beside right foot, tilting body and hands toward right side, counting 4. Repeat these actions, counting 5,6,7,8. Fit actions to words. "You do the eagle rock with such a silent grace."

7. Place right hand on tummy and hold left hand shoulder high toward left side. Bend right knee and tap left toe forward with knee straight, counting 1. Raise left toe up and continue tapping it to make a large circle toward the left side then back, one count for each tap, counting 2,3,4,5, 6,7,8. Fit actions to words. "You put your left foot out and then you bring it back."

8. Hands in same position, tap left toe forward, counting 1. Step left foot beside right foot, counting 2. Tap right toe forward, counting 3. Step right foot beside left foot, counting 4. Repeat these actions, counting 5,6,7,8. Fit actions to words. "That's what I call Ballin' The Jack."

9. Repeat entire dance without singing.

10. Continue to hold right hand on tummy and left hand shoulder high toward the sides. Tap left toe forward, counting 1. Turn to face left side of stage and step left foot behind right heel, counting 2. Tap right toe forward, counting 3. Step right foot beside left foot, counting 4. Tap left toe forward, counting 5. Step left foot beside right foot, counting 6. Tap right toe forward, counting 7. Step right

foot beside left foot, counting 8. Turn toward the left to face back of stage and repeat this step, counting to 8. Turn toward the left to face right side of stage and repeat this step, counting to 8. Turn toward the left to face audience and repeat this step, counting to 8.

11. Repeat the entire dance with the singing. Continue to point the left toe forward, counting 1. Step left foot beside right foot, counting 2. Point right toe forward, counting 3. Step right foot beside left foot, counting 4. Point left toe forward, counting 5. Step left foot beside right foot, counting 6. Raise both hands above head and tap ball of right foot beside left foot and hold this pose, counting 7,8.

The end.

HOKEY POKEY

Same as in Chapter 2.

THE BUNNY HOP

Mail Order-Master Record Service
P. O. Box 7176
Phoenix, Arizona 85011
Record #OT 8161

Announcement

"Everybody loves the Bunny Hop."

Follow the instructions on the record.

THE PATTY CAKE POLKA

"Here's the Patty Cake Polka."

Follow the instructions on the same record ordered above.

THE DANCING TAMBOURINE

Columbia Records GP 31588
Percy Faith All-time Greatest Hits
Side 1 Band 2
Swedish Rhapsody

Announcement

"Gypsies love the tambourine
And the campfire glow.
This is how they like to dance,
When the lights are low."

When teaching anything with a tambourine, check and secure all parts before handing them out to the children. Allow them to shake and hit the tambourine for a couple of minutes. Then they will be more willing to follow instructions.

During the introduction, children stand in a large circle not too close to one another, facing in a counterclockwise direction with hands down to sides and tambourine in right hand, counting to 8 twice.

1. Left foot first, run slightly forward, hitting tambourine against left hand with each run, counting to 8. Continue running and hitting the tambourine, counting to 8 three more times. Turn and run in small individual circles to the left, hitting tambourine against left hand with each run,

counting to 8 three times. Face audience and run in place, hitting tambourine in same manner, counting to 8.

2. Step left foot toward left side, counting 1. Bend and raise right knee up in front then hit it with the tambourine three times, counting 2,3,4. Step right foot toward right side, counting 5. Bend and raise left knee up in front then hit it with the tambourine three times, counting 6,7,8. Repeat entire step, counting to 8 seven more times.

3. Step left foot toward left side and raise tambourine above head, counting 1. Shake tambourine above head from right to left side, counting 2. Hit tambourine against left hand leaning toward the left and tap ball of right foot beside left foot, counting 3. Hold position, counting 4. Shaking tambourine above head, step right foot toward right side, counting 5. Continue shaking tambourine from left to right side, counting 6. Hit tambourine against left hand leaning toward the right and tap ball of left foot beside right foot, counting 7. Hold position, counting 8. Repeat entire step, counting to 8 three more times.

4. Left foot first, run in small individual circle to the left, hitting tambourine against left hand with each run, counting to 8 four times. Face the audience and run in place, hitting tambourine in same manner, counting to 8.

5. Repeat step 2, counting to 8 only four times.

6. Repeat step 3, counting to 8 four times.

7. Turn to face forward in a large counterclockwise circle, stepping left foot forward, extending left hand shoulder high in front, shaking and lowering tambourine shoulder high in front, counting 1,2. Hold left hand position throughout this step. Continue shaking tambourine and raise it above head, stepping right foot forward, counting

3,4. Step left foot forward to walk in counterclockwise circle, lowering tambourine shoulder high in front, counting 5,6. Continue shaking tambourine and raise it above head, stepping right foot forward, counting 7,8. Repeat these actions, counting to 8 six more times. Continue to walk in a counterclockwise circle taking two counts for each step, lowering tambourine shoulder high in front, counting 1,2, down to side, counting 3,4, shoulder high in back, counting 5,6 then above head, counting 7,8. Continue to walk and shake the tambourine in a circle, counting to 8 eleven more times. Face the audience and step left foot beside right foot, hitting tambourine against left hand, counting 1. Stand still and hit tambourine seven more times, counting 2,3,4,5, 6,7,8.

8. Turn to face in a counterclockwise circle and repeat step 1.

9. Repeat step 2, counting to 8 only four times.

10. Repeat step 3, counting to 8 only one time. Step left foot toward left side, shaking and lowering tambourine toward left side, counting 1,2. Tap ball of right foot beside left foot, hitting tambourine against left hand, counting 3. Hold position, counting 4. Step right foot toward right side, shaking tambourine across the front down toward right side, counting 5,6. Tap ball of left foot beside right foot, hitting tambourine against left hand, counting 7. Hold position, counting 8. Repeat entire step, counting to 8 two more times.

11. Still facing the audience, step left foot toward left side keeping right foot on the floor, bend knees, lean slightly forward and with exaggerated movements, hit tambourine against the right knee, counting 1,2. Hit tambourine against left knee, counting 3,4. Bend left elbow with hand up toward left shoulder and hit tambourine against left elbow, counting 5,6. Keep hand in same position and hit

tambourine against left hand, counting 7,8. Hit tambourine against top of head, counting 1,2. Hit tambourine against front part of right shoulder, counting 3,4. Hit tambourine against side of right hip, counting 5,6. Hit tambourine against left hand toward the right side, counting 7,8. Keeping knees slightly bent, repeat these actions, counting to 8 two more times. Taking only one count for each hit of the tambourine, repeat hitting the tambourine in a circle twice, counting to 8 two times. Step left foot beside right foot, straighten knees, shake tambourine forward, above head then down in front and toward the floor, lowering the head with the ending of the music.

The end.

A MARCH

Sesame Street Records CTW 22084
Bob Sings
Side 1 Band 2
Do-Re-Mi

Announcement

"All parades are made complete
With the march of lively feet."

During the introduction, stand in place and count to 8 three times.

1. Left foot first, take one count for each step and march in place, swinging hands alternately back and forth, counting to 8 four times.

2. Turn to face left side of stage and repeat step 1, only counting to 8 one time. Turn to face back of stage and repeat this step, counting to 8. Turn to face right side of stage and repeat this step, counting to 8. Turn to face audience and repeat this step, counting to 8.

3. Right hand down to side, extend left hand shoulder high diagonally forward toward the left, look toward left hand and march in place, counting to 8 twice. Lower left hand to side, extend right hand shoulder high diagonally forward toward the right, look toward right hand and march in place, counting to 8 twice.

4. Lower right hand to side and repeat step 2.

5. Step left foot beside right foot, lower left hand to side, salute with right hand and hold this position, counting to 8. Lower right hand to side and stand at attention, counting to 8.

6. Front line turn to face left side of stage, back line turn to face right side of stage and left foot first, march in place, swinging hands alternately back and forth, counting 1,2,3,4. March forward in a large counterclockwise circle, counting 5,6,7,8. Continue to march in the circle, counting to 8 three more times. Sometimes the children will understand better if at first the circle is referred to as a big round ball.

7. At this time, the leader should be toward the back of the left side of the stage, so time the marching accordingly. The leader should turn toward the left to face the audience and march forward, counting to 8. As usual, the other children follow the person in front, like a train. On the next count of 1, the leader should turn toward the right to face the back of stage and march close to those marching toward the front, counting to 8. Repeat this step, snaking forward then back, traveling across the stage, counting to 8 six more times.

8. The children continue to snake across the stage as if playing follow the leader, at the same time the leader should turn and march across the stage in back of the others, leading them off stage, counting to 8 eight more times. The last two children salute the audience and smile, marching off stage.

The end.

THE STROLL

Pickwick Records SPC-3046
Nat King Cole
Side 2 Band 2
Breezin' Along With The Breeze

Announcement

"It's always nice to take a walk
And meet good friends who like to talk.
Just stroll along and step with style.
It's bound to cause you both to smile."

This routine should be done with some sort of saucy looking hat with a brim tilted to the right side of the head.

During the introduction, stand in place, hat on head, hands down to sides and count to 8 four times.

1. Raise hands diagonally forward toward the sides with elbows bent and step left foot toward left side, counting 1. Maintain hand position throughout this step. Tap ball of right foot beside left foot, counting 2. Step right foot toward right side, counting 3. Tap ball of left foot beside right foot, counting 4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

2. Step left foot toward left side, bend forward at the waist and swing hands down in front, counting 1. Tap right toe behind left foot diagonally toward left side and swing hands diagonally down toward left side, looking at hands, counting 2. Leaning slightly forward, step right foot toward right side, look toward hands and swing hands down toward front, counting 3. Tap left toe behind right foot diagonally toward the right side and swing hands diagonally down toward right side, counting 4. Looking toward hands, continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

3. Turn to face left side of stage and repeat step 1, counting to 8. Turn toward the left to face back of stage and repeat this step, counting to 8. Turn toward the left to face right side of stage and repeat this step, counting to 8. Turn toward the left to face the audience and repeat this step, counting to 8.

4. Hands still diagonally forward toward the sides and elbows bent, step left foot toward left side, counting 1. Maintain hand position throughout this step. Bend right knee then kick right foot diagonally forward toward the left, counting 2. Step right foot toward right side, counting 3. Bend left knee then kick left foot diagonally forward toward the right, counting 4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

5. Swing hands as if walking, turn toward left side and step left foot forward, counting 1. Tap ball of right foot beside left foot, counting 2. Step right foot forward, counting 3. Tap ball of left foot beside right foot, counting 4. Continue these actions, counting 5,6,7,8. Hands diagonally forward toward the sides and elbows bent, turn to face the audience and step left foot toward left side, counting 1. Maintain hand position and tap ball of right foot beside left foot, counting 2. Step right foot toward right side, counting 3.

Tap ball of left foot beside right foot, counting 4. Continue these actions, counting 5,6,7,8. Left foot first, repeat entire step, but walk toward right side instead of the left.

6. Hands diagonally forward toward the sides and elbows bent, step left foot diagonally forward toward the left, counting 1. Maintain hand position throughout this step. Slide right foot forward past left foot and tap right toe diagonally forward toward the left with right knee straight, counting 2. Step right foot diagonally back toward the right, counting 3. Slide left foot back past right foot, bend both knees and tap left toe diagonally back toward the right side, turning head in same direction, counting 4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

7. With right hand, take hat off holding the brim and extend right hand above head. Keep twisting right wrist as if turning a screw driver and hold knuckles of left hand on left hip throughout this step. Repeat step 3.

8. Turn to face diagonally forward toward the left, step left foot toward left side and swing hat up shoulder high toward left side, counting 1. Tap ball of right foot beside left heel, holding hat in position, counting 2. Continue to face diagonally forward toward the left, step right foot back toward right side of stage, swing hat down past the body and up shoulder high toward right side of stage, counting 3. Tap ball of left foot beside right toe, holding hand position, counting 4. Repeat these actions, counting 5,6,7,8. Hold hat above head, twist it in the same manner as in step 7 and place knuckles of left hand on left hip throughout the rest of this step. Step left foot forward toward left side of stage, counting 1. Tap right toe toward left side of stage, counting 2. With a lot of pep and bounce, step right foot slightly forward toward left side of stage, counting 3. Leaning back, twist body toward the right and tap left toe toward left side

of stage, counting 4. Continue these actions, counting 5,6,7,8. Repeat this step, counting to 8 four more times, traveling toward left side of stage. Continue to twist the hat above head, smile at audience and walk off stage in time with the music, counting to 8.

The end.

THE STRUT

Everest Records FS 258
Louis "Satchmo" Armstrong
Side 1 Band 5
Mame

Announcement

"Stepping high is quite in style
And it always makes you smile.
Nothing ever seems the same,
Dancing with the tune called 'Mame'."

The Strut is a peppy version of the Stroll. It has been shortened to fit the music and illustrates how other routines can be altered.

During the introduction, stand on stage, hat on head, hands down to sides and count to 8. Take brim of hat in right hand and raise hat above head, counting to 8.

1. Step left foot toward left side and swing hat diagonally up toward left side, placing knuckles of left hand on left side, placing knuckles of left hand on left hip, counting 1. Hold position and tap ball of right foot beside left foot, counting 2. Step right foot toward right side and swing hat above head diagonally up toward right side, counting 3. Hold position and tap ball of left foot beside right foot, counting 4.

Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

2. Continue to hold knuckles of left hand on left hip throughout this step. Lean forward, step left foot toward left side, swing hat down across front of body and diagonally down toward left side, looking at hat, counting 1. Hold position and tap right toe behind left foot diagonally toward the left, counting 2. Continue looking toward the hat, step right foot toward right side and swing hat toward the right side like a pendulum, counting 3. Hold position and tap left toe behind right foot diagonally toward the right, counting 4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

3. Turn to face left side of stage and repeat step 1, counting to 8. Turn toward the left to face back of stage and repeat this step, counting to 8. Turn toward the left to face right side of stage and repeat this step, counting to 8. Turn toward the left to face the audience and repeat this step, counting to 8. If the word "turn" is substituted for each count of 1, the instructions will be easier for the children to follow.

4. Place hat on head, step left foot toward left side and extend left hand shoulder high diagonally forward toward the left, right hand shoulder high diagonally back toward the right with elbows bent, counting 1. Holding position, bend right knee then kick right foot diagonally forward toward the left, counting 2. Step right foot toward right side and swing right hand shoulder high diagonally forward toward the right, left hand shoulder high diagonally back toward the left, counting 3. Hold position, bend left knee then kick left foot diagonally forward toward the right, counting 4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8. Turn toward the left to face left side of stage and repeat this step, counting to 8. Turn toward the left to face back of stage and repeat this step, counting to 8. Turn

toward the left to face right side of stage and repeat this step, counting to 8. Turn toward the left to face audience and repeat this step, counting to 8.

5. Swing hands as if walking, turn toward left side and step left foot forward, counting 1. Tap ball of right foot beside left foot, counting 2. Step right foot forward, counting 3. Tap ball of left foot beside right foot, counting 4. Continue these actions, counting 5,6,7,8. Hands diagonally forward toward the sides and elbows bent, turn to face the audience and step left foot toward left side, counting 1. Maintain hand position and tap ball of right foot beside left foot, counting 2. Step right foot toward right side, counting 3. Tap ball of left foot beside right foot, counting 4. Continue these actions, counting 5,6,7,8. Left foot first, repeat entire step, but walk toward right side instead of left.

6. Take brim of hat in right hand, swing hat up then down shoulder high toward right side of stage, turn to face left side of stage and step left foot forward, counting 1. Tap ball of right foot beside left heel, swing hat down across body and up shoulder high toward left side of stage, left elbow straight, hand beside the hat, counting 2. Turn body to face diagonally forward toward the left, step right foot back toward right side of stage and swing hat down past body, up shoulder high like a pendulum, holding left hand in position toward left side of stage and bending forward at the waist, looking toward the hat, counting 3. Hold position and tap ball of left foot beside right toe, counting 4. Lean back slightly and continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

7. Place knuckles of left hand on left hip. With right hand still holding hat by the brim, extend right hand above head and keep twisting right wrist as if turning a screw driver throughout this step. Still facing toward the left side, step left foot forward, counting 1. Bend left knee, lean back,

slide right foot past left foot and tap right toe forward toward left side of stage, counting 2. Step right foot slightly in front of left foot, counting 3. Bend right knee, lean back, turn body diagonally forward toward the right, slide left foot forward and tap left toe forward toward the left side of stage, counting 4. Continue these actions, counting 5,6,7,8. Traveling toward the left side of stage, repeat this step, counting to 8 eleven more times. Still twisting hat above head, smile and walk briskly off stage in time with the music, counting to 8.

The end.

THE BOOGIE BEAT

MCA Records MCA 2-4050
The Best of Count Basie
Side 4 Band 4
Sent For You Yesterday
And Here You Come Today

Announcement

"This is called the boogie beat.
It makes you want to tap your feet.
We'll show you how we swing and sway
With the music every day."

During the introduction, stand in place and count to 8 four times.

1. Hands diagonally forward toward the sides with elbows bent, step left foot toward left side, counting 1. Hold hands in same position throughout this step. Bend both knees, counting 2. Straighten both knee and tap right toe diagonally forward toward the left, counting 3. Raise right toe

up, hold right foot beside left ankle and bend both knees, counting 4. Straighten knees and step right foot toward right side, counting 5. Raise left foot up and bend both knees, counting 6. Straighten both knees and tap left toe diagonally forward toward the right, counting 7. Raise left toe up, hold left foot beside right ankle and bend both knees, counting 8. Repeat entire step, counting to 8 three more times.

2. Turn toward the left to face left side of stage and repeat step 1, counting to 8. Turn toward the left to face back of stage and repeat this step, counting to 8. Turn toward the left to face right side of stage and repeat this step, counting to 8. Turn toward the left to face the audience and repeat this step, counting to 8.

3. Place right hand on tummy, extend left hand shoulder high toward left side and hold this hand position. Turn body diagonally forward toward the left, raise right heel up and twist it out toward the right side, keeping right knee straight and step left foot toward left side of stage, counting 1. Bend right knee and step ball of right foot behind left heel, counting 2. Repeat these actions, counting 3,4,5,6,7. Turn forward and tap ball of right foot beside left food, counting 8. Place left hand on tummy, extend right hand shoulder high toward right side and hold this hand position. Turn body diagonally forward toward the right, raise left heel up and twist it out toward the left side, keeping left knee straight and step right foot toward right side of stage, counting 1. Bend left knee and step ball of left foot behind right heel, counting 2. Repeat these actions, counting 3,4,5,6,7. Turn forward and tap ball of left foot beside right foot, counting 8. Repeat entire step, counting to 8 two more times.

4. Extend hands shoulder high toward the sides with elbows bent and hold this position. Step left foot toward left side,

counting 1,2. Step right foot diagonally forward toward the left in front of left foot, counting 3,4. Step left foot toward left side, counting 5,6. Turn diagonally forward toward the right, raise right foot toward right side, turn toes up and hit right heel toward right side with right knee straight and left knee bent, counting 7,8. Raise right heel up and step right foot toward the right side, counting 1,2. Step left foot diagonally forward toward the right in front of right foot, counting 3,4. Step right foot toward right side, counting 5,6. Turn diagonally forward toward the left, raise left foot toward left side, turn toes up and hit left heel toward left side with left knee straight and right knee bent, counting 7,8. Repeat entire step, counting to 8 two more times.

5. Lower hands to sides, face forward and step left foot beside right foot, counting 1. Bend then raise right knee up in front and hit it with right hand, counting 2. Step right foot beside left foot, counting 3. Bend then raise left knee up in front and hit it with left hand, counting 4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

6. Turn toward the left to face left side of stage and repeat step 5, counting to 8. Turn toward the left to face back of stage and repeat this step, counting to 8. Turn toward the left to face right side of stage and repeat this step, counting to 8. Turn toward the left to face the audience and repeat this step, counting to 8. Substitute the word "turn" for each count of 1.

7. With left foot, take a small step diagonally back toward the left, leaning forward at the waist, hands diagonally forward and elbows bent, counting 1. Tap ball of right foot beside left foot, counting 2. With right foot, take a small step diagonally back toward the right, counting 3. Tap ball of left foot beside right foot, counting 4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 three more times.

8. Hands still diagonally forward with elbows bent, step left foot diagonally forward toward the left, counting 1. Turn body and kick right foot diagonally forward toward the left, counting 2. Step right foot diagonally forward toward the right, counting 3. Turn body and kick left foot diagonally forward toward the right, counting 4. Continue these actions, counting 5,6,7,8.

9. Repeat step 2.

10. Front line turn toward the left and back line turn toward the right and repeat step 8, traveling in a large counterclockwise circle then off stage, counting to 8 twenty times.

The end.

HAPPY SAILORS

MGA Records MGA-104
Bluegrass Instrumentals
Side 1 Band 2
Sailor's Hornpipe

Announcement

"Sailors like to dance with glee
When they're not upon the sea.
These are steps that they might do,
If we really ask them to."

1. Place left hand in front of waist, right hand in back of waist and step left foot diagonally forward toward the left, counting 1. Maintain hand position, raise right foot up diagonally back toward the right with knee bent and hop on left foot three times, counting 2,3,4. Place right hand in front of waist, left hand in back of waist and slide right

foot diagonally forward toward the right, counting 5. Maintain hand position, raise left foot up diagonally back toward the left with knee bent and hop on right foot three times, counting 6,7,8. Cross arms in front, holding elbows shoulder high and step left foot behind right foot, turning left knee out toward left side, counting 1. Maintain hand position. Raise right foot up, bending knee out toward right side with right foot close to left ankle and hop slightly forward on left foot, counting "and." Step right foot behind left foot, turning knee out toward right side, counting 2. Raise left foot up, bending knee out toward left side with left foot close to right ankle and hop slightly forward on right foot, counting "and." Continue these actions, counting 3, "and," 4, "and," 5, "and," 6, "and," 7, "and," 8. Repeat entire step, counting to 8 two more times.

2. Turn body diagonally forward toward the left, bend right knee and lean diagonally back toward the right. Salute left hand above left eye, right hand down to side and hit left heel diagonally forward toward the left with knee straight and toe pointed up, counting 1,2. Straighten up, step left foot beside right foot and lower left hand to side, counting 3,4. Turn body diagonally forward toward the right, bend left knee and lean diagonally back toward the left. Salute right hand above right eye, left hand down to side and hit right heel diagonally forward toward the right with knee straight and toe pointed up, counting 5,6. Straighten up, step right foot beside left foot and lower right hand to side, counting 7,8. Repeat entire step, counting to 8 three more times.

3. Turn body and step left foot toward left side, counting 1. Both feet on floor, bend forward at the waist and place left hand above eyes, as if looking at a distance, counting 2. Maintain left hand position with right hand diagonally down toward the back. Raise left heel up, bend left knee and keeping right knee straight, drag right foot behind left

foot then step on right foot, straightening up slightly, counting 3,4. Continue these actions, traveling toward the left side of stage, counting 5,6,7,8. Repeat entire step, counting to 7. On the count of 8, straighten up, turn forward, tap right foot beside left foot and lower hands to sides. Turn body and step right foot toward right side, counting 1. Both feet on floor, bend forward at the waist and place right hand above eyes, as if looking at a distance, counting 2. Maintain right hand position with left hand diagonally down toward the back. Raise right heel up, bend right knee and keeping left knee straight, drag left foot behind right foot and step on left foot, straightening up slightly, counting 3,4. Continue these actions, traveling toward the right side of stage, counting 5,6,7,8. Repeat these actions, counting to 7. On the count of 8, straighten up, turn forward, tap ball of left foot beside right foot and lower hands to sides.

4. Repeat step 1.

5. Repeat step 2.

6. Step left foot diagonally forward toward the left and raise left hand diagonally forward toward the left, right hand diagonally back toward the right, counting 1,2. Step right foot beside left foot and raise hands slightly higher, counting 3,4. Step left foot diagonally forward toward the left, bending elbows so left hand is on the tummy and back of right hand is waist high on the back, counting 5,6. Raise right foot up diagonally toward the right with knee bent slightly, hop on left foot and pull both hands up as though pulling up trousers, counting 7,8. Step right foot diagonally forward toward the right and raise right hand diagonally forward toward the right, left hand diagonally back toward the left, counting 1,2. Step left foot beside right foot and raise hands slightly higher, counting 3,4. Step right foot diagonally forward toward the right, bending elbows so right hand is on the tummy and back of left hand is waist

high on the back, counting 5,6. Raise left foot up diagonally toward the left with knee bent slightly, hop on right foot and pull both hands up as though pulling up trousers, counting 7,8. Repeat entire step, counting to 8 two more times.

7. Extend hands forward, lock fingers and kick left foot diagonally forward toward the left, counting 1,2. Keeping fingers interlocked, press palms of hands down in front with elbows straight, cross left foot in front of right foot, stepping it close to the outer part of right foot, keeping toes of right foot on floor and bending right ankle toward the right side, counting 3,4. Maintain this hand position throughout the step. Keeping left toe on floor, raise left heel bending left knee and ankle toward the left side and lower right heel, counting 5,6. Keeping right toes on floor, raise right heel bending right knee and ankle toward the right side and lower left heel, counting 7,8. Kick right foot diagonally forward toward the right, counting 1,2. Cross right foot in front of left foot, stepping it close to the outer part of left foot, keeping toes of left foot on floor and bending left knee and ankle toward the left side, counting 3,4. Keeping right toes on floor, raise right heel bending right knee and ankle toward right side and lower left heel, counting 5,6. Keeping left toes on floor, raise left heel bending left knee and ankle toward the left side and lower right heel, counting 7,8. Repeat entire step, counting to 8 two more times.

8. Place hands on hips with thumbs tucked in at the waist and fingers pointed diagonally forward toward the floor. Face toward left side of stage, step ball of left foot forward and straighten left knee, counting 1,2. Bend left knee and step right foot beside left foot with right knee straight, counting 3,4. Continue these actions, counting 5,6,7,8. Repeat entire step walking off stage stiff legged, counting to 8 four more times.

The end.

THE BALLERINA

Sesame Street Records CTW 22082
Bob Sings
Side 2 Band 5
Edelweiss

Announcement

"While I'm drifting off to sleep,
Breezes fill the air.
Night birds sing their lovely songs.
The world's without a care."

At first, this dance should be taught without the arm movements. When added, the arm movements will help act out the words of the song.

During the introduction, stand still and count to 6 six times. (Refer to Ballet Techniques in Chapter 6.)

1. Step ball of left foot toward left side then lower left heel, swaying hands diagonally up toward the left with elbows straight but not rigid, fingers upward but relaxed, counting 1. Touch ball of right foot beside left foot and bend wrists toward the left, counting 2. Hold position, counting 3. Step ball of right foot toward right side then lower right heel, swaying hands from left to right above head, counting 4. Touch ball of left foot beside right foot and bend wrists toward the right, counting 5. Hold position, counting 6. Repeat this step, but lower hands toward left side, place palms together with outer part of right hand against left cheek and tilt head toward the left, counting to 6. Repeat this step, but extend hands shoulder high diagonally forward toward the left and shake head "no," counting to 6. Repeat this step, but extend hands forward and raise then lower right index finger on the back of left hand, like sheep

jumping over a fence, counting to 6. Repeat this step twice, but bend elbows out toward the sides, spread fingers apart and place hands to the sides of the eyes with palms toward the back, counting to 6 two times. Repeat this step, but extend hands shoulder high toward the sides, counting to 6. Repeat this step, but raise hands above head, counting to 6.

2. Turn toward the left side and step left foot forward, lowering hands to sides and swinging right hand forward and left hand back with relaxed wrists and fingers, counting 1,2,3. Step right foot forward toward the left side of stage, swinging left hand forward and right hand back with relaxed wrists and fingers, counting 4,5,6. Continue these actions, counting to 6. Make a one-half turn to the left and step left foot forward to repeat this entire step, walking toward the right side of stage, counting to 6 two more times.

3. Turn and step ball of left foot forward, curving hands above head like a big ball, counting 1. Bourrée in place and turn in a one-half circle to the left, counting 2,3,4,5,6. Continue to bourrée in place and turn in a one-half circle to the left to face the audience, counting to 6. Continue to bourrée in place, turning to the left and repeat this step, counting to 6 two more times.

4. Repeat step 1 only counting to 6 three times. Hold the position for extra counts of 1,2,3.

5. Repeat step 2.

6. Repeat step 3 only making one circle, counting to 6 twice, but lower heels and hands on last count of 6.

7. Turning to face the left side of stage, step ball of left foot toward left side and extend hands shoulder high toward the sides, counting 1. Maintain hand position and continue to turn to the left on ball of left foot, counting 2. Facing back

stage, step ball of right foot beside left foot, counting 3. Continue to turn to the left and step ball of left foot toward the left side of stage then lower left heel, counting 4,5. Turn and face the left side of stage, pointing right toe back toward the right side of stage with knee straight, raise left hand diagonally up toward left side and lower right hand diagonally down toward right side, counting 6. Hold position, but swing right hand diagonally up toward the left side of stage and left hand diagonally down toward the right side of stage, counting 1,2,3. Swing left hand diagonally up toward the left side of stage and right hand diagonally down toward the right side of stage, counting 4,5,6. Turning to face the right side of stage, step ball of right foot toward right side and extend hands shoulder high toward the sides, counting 1. Maintain hand position and continue to turn to the right on ball of right foot, counting 2. Facing back of stage, step ball of left foot beside right foot, counting 3. Continue to turn to the right and step ball of right foot toward the right side of stage then lower right heel, counting 4,5. Turn to face the right side of stage, point left toe back toward the left side of stage with knee straight, raise right hand diagonally up toward right side and lower left hand diagonally down toward left side, counting 6. Hold position, but swing left hand diagonally up toward the right side of stage and right hand diagonally down toward the left side of stage, counting 1,2,3. Swing right hand diagonally up toward the right side of stage, and swing left hand diagonally down toward the left side of stage, counting 4,5,6. Repeat entire step, counting to 6 four more times.

8. Face forward, step left foot toward left side, swing left hand shoulder high toward left side then above head with elbow and hand curved and swing right hand down across front of body toward the left, counting 1,2,3. Point right toe diagonally forward toward the left, hold left hand position, bend right elbow and extend right hand toward right

foot, counting 4,5,6. Step right foot toward right side, swing right hand down across the front of body, up shoulder high toward the right then above head with elbow and hand curved in and swing left hand down toward the left side, across the front of body toward the right, counting 1,2,3. Point left toe diagonally forward toward the right, hold right hand position, bend left elbow and extend left hand toward left foot, counting 4,5,6. Repeat entire step, counting to 6 two more times.

9. Repeat step 3, but on the second turn in a circle, turn farther with each count, making one complete circle in only six counts. Step left foot toward left side and lower hands shoulder high toward the sides, counting 1,2,3. Curtsy with right foot in back, counting 4,5,6. Pause in this position.

10. Straighten up quickly, turn to face the left side of stage and step right foot beside left foot, lowering hands to sides, counting "and." Step left foot forward, swinging right hand forward and left hand back, counting 1,2,3. Step right foot forward, swinging left hand forward and right hand back, counting 4,5,6. Continue these actions, counting to 6. Hold left hand diagonally down in front, right hand diagonally down in back and taking only one count for each step, walk off stage, counting to 6.

The end.

THE SWISS DANCE

London Record SR.-44067
Germany
Side 2 Band 4
In Munchen Strecht Ein Hofbrauhaus

Announcement

"Swiss people love to dance
Every time they get a chance.
Step, kick, hop is what we learn.
Then with partner, make a turn."

Facing one another and using the same foot at the same time, partners will be going in opposite directions. Teach the steps in a straight line. Explain how they will look then get partners to face one another to dance.

During the introduction, face partner with girl's left shoulder and boy's right shoulder toward the audience. Place knuckles on hips and count to 6 six times.

1. Knuckles remain on hips throughout this step. Step left foot toward left side, counting 1. Kick right foot against the floor diagonally forward toward the left then straighten right knee, counting 2. Bend right knee and hop on left foot, counting 3. Step right foot toward right side, counting 4. Kick left foot against the floor diagonally forward toward the right then straighten left knee, counting 5. Bend left knee and hop on right foot, counting 6. Continue these actions, counting to 6 three more times.

2 Step left foot beside right foot, bend knees and hit hands against the knees three times, counting 1,2,3. Straighten up and clap hands three times, counting 4,5,6. Bend knees and repeat these actions, counting to 6 three more times.

3. Lower hands to sides, turn and bow diagonally forward toward the left, counting 1,2,3. Straighten up, counting 4,5,6. Turn and bow diagonally forward toward the right, counting 1,2,3. Straighten up, counting 4,5,6. Traveling in a circle toward the left, step left foot diagonally forward toward the left and place knuckes on hips, counting 1.

Maintain hand position throughout the rest of this step. Kick right foot against the floor diagonally forward toward the left then straighten the knee, counting 2. Bend right knee and hop on left foot, counting 3. Step right foot diagonally forward toward the right, counting 4. Kick left foot against the floor diagonally forward toward the right then straighten the knee, counting 5. Bend left knee and hop on right foot, counting 6. Continue these actions, traveling in the circle to the left to face partner, counting to 6.

4. Repeat step 2, but instead of clapping hands, hit the palms of hands against the palms of partner's hands.

5. Repeat step 1, but continue doing the step, counting to 6 two extra times.

6. Repeat step 3.

7. Repeat step 3, but continue doing the last part of the step, counting to 6 two extra times.

8. Repeat step 4.

9. Turn and hook right elbow with the right elbow of partner then step left foot forward to repeat step 1, traveling in a circle and counting to 6 four times.

10. Unhook right elbows, turn toward the left, hook left elbows and step left foot forward to repeat step 1, traveling in a circle and counting to 6 four times.

11. Unhook left elbows, turn toward the right, hook right elbows and step left foot forward to repeat step 9.

12. Repeat step 10, but lower hands to sides and stand still on last counts of 5,6.

13. Repeat step 3.

14. The girl steps left foot forward toward the right side of stage and the boy steps left foot back toward the back of stage, counting 1,2,3. Girl steps right foot beside left foot and boy turns to face the right side of stage, stepping right foot beside left foot, counting 4,5,6. Standing side by side, girl and boy take hold of partners inside hand and they repeat step 1, traveling off stage, counting to 6 eleven more times.

The end.

THE DANCING WARRIORS

Capitol Records 6145 (45 RPM)
Star Line — Sonny James
Running Bear

Announcement

"Indians lived in this great land
Many years ago.
When the tom toms beat at night,
They danced to and fro."

Form a large circle on stage. Facing the audience, kneel down, sit back on heels, place tom-tom on floor close to knees and fold arms in front.

During the introduction, hold this position and count to 8 twice.

1. In kneeling position, lean forward and hit tom-tom hard with right hand, counting 1. Hit tom-tom more softly with left hand, counting 2. Alternating hands, continue to beat the tom-tom softly, counting 3,4,5,6,7,8. Repeat these actions, counting to 8 three more times.

2. Raise up on knees. With fingers together, point right hand diagonally up toward the right, left hand down to side, counting 1,2. Hold right hand position and point left hand diagonally up toward the left, counting 3,4. Hold left hand position and lower right hand so fingertips touch right shoulder with right elbow pointing toward the right side, counting 5,6. Hold right hand position and lower left hand so fingertips touch left shoulder with left elbow pointing toward the left side, counting 7,8. Repeat these hand actions, counting to 8. Pick up tom-tom with both hands, counting 1,2,3,4. Place right foot forward, counting 5,6,7,8. Stand up and step left foot beside right foot, counting 1,2,3,4. Turn and step left foot forward to face in a counterclockwise circle, counting 1,2. Step right foot beside left foot and hold tom-tom toward left side with left hand, counting 7,8.

3. Traveling in a large circle, step ball of left foot forward and keep right foot on floor and raising right hand up in front then above head, as though holding a tomahawk, counting 1. Hold hand position and drop left heel hard against the floor, counting 2. Maintain hand position, step ball of right foot forward and keep left foot on floor, counting 3 then drop right heel hard against the floor, counting 4. Right elbow bent, lower right hand in front, bending forward at the waist and repeat these foot actions, counting 5,6,7,8. Repeat this step, counting to 8 three more times.

4. Straighten up, step left foot beside right foot and beat the tom-tom with right hand using the same rhythm as in step 1, counting to 8 four times.

5. Traveling in a large counterclockwise circle, doing the same toe, heel left, toe, heel right as in step 3, bend forward at the waist with right hand above eyes as if looking for something, counting to 8. Continue doing this step, maintaining body position and turning head from side to side, counting to 8 three more times.

6. Traveling in a small individual circle to the left, repeat step 5, counting to 8 four times. Stand still and beat the tom-tom 4 more counts.

7. Repeat step 5.

8. Repeat step 6, but omit beating the tom-tom the 4 extra counts.

9. Beat the tom-tom the same as in step 4 and continue doing the toe, heel left, toe, heel right as in step 3, traveling in a counterclockwise circle then off stage, counting to 8 five times.

The end.

MEXICAN FOLK DANCE

Columbia Records GP 31588
Percy Faith's All-Time Greatest Hits
Side 3 Band 4
Mexican Hat Dance

Announcement

"Mexico's a country
To the south and west.
This is how some people dance.
I think I like it best."

Only use the first part of this song. It is sometimes known as "La Raspa."

During the introduction, face partner with fists on hips and count to 8 six times.

1. Partners start dancing with opposite feet in order to go in the same direction. Jump on the foot toward the audience for a quick count of "and." Turn toe of other foot up and hit heel against the floor diagonally forward toward the back of stage with that knee straight and the other knee bent, counting 1. Hold position, counting 2. Raise heel up and jump on the foot toward the back of stage, counting "and." Turn toe of foot toward the audience up and hit heel against the floor diagonally forward toward the front of stage with that knee straight and the other knee bent, counting 3. Hold position, counting 4. Do three fast "jump, heel" steps from one foot to the other, without holding any counts. Call the jump "and," the heel "5," the jump "and," the heel "6," the jump "and," the heel "7". Hold position, counting "and, 8." Reverse these actions, jumping toward the back of stage first, counting to 8, using the same counts. Repeat entire step, counting to 8 two more times.

2. Interlock right elbows and skip around in circles, counting to 8 twice. Lower right hand, turn and interlock left elbows, step left foot forward and skip in circles in the opposite direction, counting to 8 twice. Make certain the children do not swing each other around too fast. And after they learn the step, get them to hold the hand that's free up above head with elbow slightly bent.

3. Repeat step 1 then bow to audience.

The end.

DANCING TOGETHER

RSO Record RS-2-4001
Saturday Night Fever
Side 1 Band 3
Manhattan Skyline

Announcement

"This is how we learned to count
All the way to eight.
How to figure fractions,
A circle we will make."

During the introduction, stand still facing the audience and count to 8 twice.

1. Step left foot toward the left side, counting 1. Step right foot beside left foot, counting 2. Step left foot toward left side, counting 3. Step right foot beside left foot, counting 4. Continue these actions, counting 5,6,7,8. Stand still and clap hands, taking one count for each clap, counting to 8. Step right foot toward right side, counting 1. Step left foot beside right foot, counting 2. Step right foot toward right side, counting 3. Step left foot beside right foot, counting 4. Continue these actions, counting 5,6,7,8. Stand still and clap hands, taking one count for each clap, counting to 8.

2. Repeat the first part of step 1, counting to 7. Bend right knee, raise right foot beside left ankle and hop on left foot, counting 8. Maintain position and hop on left foot, taking one count for each hop, counting to 8. Reverse first part of step 1, traveling toward the right side, counting to 7. Bend left knee, raise left foot beside right ankle and hop on right foot, counting 8. Maintain position and hop on right foot, taking one count for each hop, counting to 8.

3. Repeat the first part of step 1, traveling toward the left side, counting to 8. Feet together, jump in place taking one count for each jump, counting to 8. Reverse entire step, traveling toward the right side, counting to 8 two more times.

4. Repeat step 3, but instead of facing forward and jumping in place, jump in place turning in a one fourth circle to the left with each two jumps, turning in a complete circle counting to 8. Reverse entire step traveling toward the right side and jumping in a circle to the right, counting to 8 two more times.

5. Step left foot toward left side, counting 1. Step right foot beside left foot, counting 2. Step left foot toward left side, counting 3. Tap ball of right foot beside left foot, counting 4. Step right foot toward right side, counting 5. Step left foot beside right foot, counting 6. Step right foot toward right side, counting 7. Tap ball of left foot beside right foot, counting 8. Repeat entire step, counting to 8 three more times.

6. Step left foot toward left side, counting 1. Tap ball of right foot beside left foot, counting 2. Step right foot toward right side, counting 3. Tap ball of left foot beside right foot, counting 4. Step left foot toward left side, counting 5. Step right foot beside left foot, counting 6. Step left foot toward left side, counting 7. Tap ball of right foot toward left foot, counting 8. Step right foot toward right side, counting 1. Tap ball of left foot beside right foot, counting 2. Step left foot toward left side, counting 3. Tap ball of right foot beside left foot, counting 4. Step right foot toward right side, counting 5. Step left foot beside right foot, counting 6. Step right foot toward right side, counting 7. Tap ball of left foot beside right foot, counting 8. Repeat entire step, counting to 8 two more times.

7. Turn to face partner, hold hands and repeat step 5 with the boy stepping left foot toward the left and girl stepping right foot toward the right. The first rule of ballroom dancing is that the boy should always start to dance with his left foot and the girl with her right foot. It will also be easier for the children to follow their instructions if this step is called in

this manner, "Step, tap, step, tap, step, together, step, tap."

8. Repeat step 5, but make a one-fourth turn in a circle traveling to the boy's left with each count to 8.

9. Girls use the opposite foot from the boys, throughout the rest of the routine. These directions are for the boys.

   Still facing partner and holding hands, step left foot toward left side, counting 1. Tap ball of right foot beside left foot, counting 2. Step right foot toward right side, counting 3. Tap ball of left foot beside right foot, counting 4. Step left foot toward left side, counting 5. Step right foot beside left foot, counting 6. Step left foot toward left side, counting 7. Tap ball of right foot beside left foot, counting 8. Step right foot toward right side, counting 1. Tap ball of left foot beside right foot, counting 2. Step left foot toward left side, counting 3. Tap ball of right foot beside left foot, counting 4. Step right foot toward right side, counting 5. Step left foot beside right foot, counting 6. Step right foot toward right side, counting 7. Tap ball of left foot beside right foot, counting 8. Repeat entire step, counting to 8 two more times.

10. Repeat step 9, but make a one-fourth turn in a circle to the boy's left with each count to 8.

11. Repeat step 10.

12. Still holding hands, continue turning in a small circle to the left while slowly traveling in a large counterclockwise circle then off stage, stepping left foot diagonally forward toward the left, counting 1. Slide right foot beside left foot, not putting any weight on it, counting 2. Step right foot toward right side, counting 3. Step left foot beside right foot, counting 4. Turn and step right foot diagonally back

toward the right, counting 5. Slide left foot beside right foot, not putting any weight on it, counting 6. Step left foot toward left side, counting 7. Step right foot beside left foot, counting 8. Continue repeating this step, timing it so the last couple dances off stage as the music ends.

The end.

A TAHITIIAN COWBOY DANCE

Tahiti Dances
Side 1 Band 3
Vahine Anamite

Announcement

"Cowboys ride throughout the world
With their horse and rope.
Getting to Tahiti,
They had to take a boat."

For this routine, I made lariats for my classes. This was done by cutting two feet long pieces of string. At one end of each string I tied a knot, leaving a loop large enough for a child to hold it with the right hand. I wound then tied the other end of the string around a plastic bag that had been folded into a little ball with a wadded up piece of cloth and one end of a four foot, brightly colored crepe paper streamer inside of it. The crepe paper streamer hanging from this ball was folded in a fan-like manner. With the loop end of the string in the right hand, the plastic ball and folded streamer is to be concealed during the first part of this routine.

Teach the first two steps with the children facing forward. That will make it easier for them to follow instructions when teaching them to travel on stage.

During the introduction, stand off stage toward the left side. Holding the lariat concealed in right hand, bend elbows, hold hands close together shoulder high in front with wrists bent forward as if holding the reins of a horse and count to 8 twice.

1. Enter onto stage in one line, swaying hips slightly with each small prancing step. Step left toe slightly forward, drop heel and bend knee, holding hands in riding position, counting 1. Step right toe slightly forward, drop heel and bend knee, counting 2. Continue these riding actions, counting 3,4,5,6,7,8. Prancing in a large clockwise circle, taking one count for each step, count to 8 three more times.

2. Repeat step 1. But turn to face audience and prance in place on the last count to 8. Make certain the children stay far enough apart so they have room to later swing the lariat.

3. Hands still in riding position, step left foot toward left side, counting 1. Step right foot beside left foot, counting 2. Step left foot toward left side, counting 3. Tap ball of right foot beside left foot and give an extra swing of the hips toward the left side, counting 4. Step right foot toward right side, counting 5. Step left foot beside right foot, counting 6. Step right foot toward right side, counting 7. Tap ball of left foot beside right foot and give an extra swing of the hips toward the right side, hitting right hip with right fist as if hitting a horse with a crop, counting 8. Repeat entire step, counting to 8.

4. Hands in riding position and left foot first, prance in place turning in one-fourth of a circle to the left, counting to 8. Repeat these actions to face the back of stage, counting to 8. Repeat these actions to face the right side of stage, counting to 8. Repeat these actions to face the audience, counting to 8.

5. Repeat step 3.

6. Keep left hand in riding position. Holding onto the loop of the string, drop lariat down to the side and prance in place, counting to 8. Continue to prance and swing the lariat in a counterclockwise circle above the head taking two counts for each circle, counting to 8. Continue to prance and swing the lariat above the head, making a one-fourth turn to the left, counting to 10. Continue to prance in place and twirl the lariat above the head, making a one-fourth turn to the left to face the back of stage, counting to 8. Continue to prance and twirl the lariat above the head, making a one-fourth turn to the left to face the right side of stage, counting to 8. Continue to prance and twirl the lariat above the head, making a one-fourth turn to the left to face the audience, counting to 10.

7. Left hand still in riding position, continue to twirl lariat above the head and repeat the foot actions in step 3.

8. Left hand remains in riding position. Swing the lariat across the front of the body and down toward the left side, continuing to prance and counting 1. Raise right hand up toward the left in order to make the beginning of a figure eight, counting 2 and continuing to prance in place throughout this step. Swing lariat down across the front of the body toward the right side, counting 3. Swing the lariat up toward the right side to complete making a figure eight, counting 4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8 five more times.

9. Continue to swing the lariat in a figure eight with the same counts and repeat the foot actions in step 3.

10. Left hand still in riding position, swing right hand down to the right side then up in back making a large circle to the right side of the body, counting 1,2 and still prancing in place. Continue these actions, counting 3,4,5,6,7,8. Continue these actions turning toward the left to form a large

counterclockwise circle, counting to 8. Continue to circle the lariat to the right side and prance forward in the circle, counting to 8 two more times.

11. Continue doing these actions in a counterclockwise circle then off stage, counting to 8 four times, plus 4 extra counts.

The end.

THE POLKA

London Record SP 44067
Germany
Side 2 Band 5
Liechtensteiner Polka

Announcement

"Liechtenstein's a country
That's very, very small.
It's in the Alp Mountains
That are very, very tall."

Teach the steps with all the children facing forward and going in the same direction. This will make it easier when they do them facing a partner.

Facing one another and holding hands, the boy will start with his left foot and the girl with her right foot in order to travel in the same direction. Reverse boy's directions for girls.

During the introduction, stand in two lines toward the back of stage, facing partner with boy's left and girl's right shoulders toward the audience and fists on hips, counting to 8.

1. Bend right knee slightly and hit left heel diagonally forward toward the left with left knee straight and toe pointed up, counting 1. Raise left heel and twist it out toward the left side. Keep right knee bent and bend left knee in close to right knee, hitting left toe where left heel had been, counting 2. Raise left toe, twist foot back to former position and hit left heel in same place, counting 3. Raise left heel and twist it out toward the left side keeping knees close together and hit left toe in same place, counting 4. Repeat these actions, counting 5,6. Glide left foot toward the audience, counting 7. Slide right foot beside left foot, giving a slight jump onto it for a quick count of "and." Glide left foot toward the audience, counting 8. Slide right foot beside left foot, giving a slight jump onto it, counting "and." Continue these actions, counting 9, "and," 10. Bend left knee slightly and hit right heel diagonally forward toward the right with right knee straight and toe pointed up, counting 1. Raise right heel and twist it out toward the right side. Keep left knee bent and bend right knee in close to left knee, hitting right toe where right heel had been, counting 2. Raise right toe, twist foot back to former position and repeat these actions, counting 3,4. Glide right foot toward the back of stage, counting 5. Slide left foot beside right foot, giving a slight jump onto it for a quick count of "and." Repeat these actions, counting 6, "and," 7, "and," 8. Repeat entire step with the same counts.

2. Partners take hold of each other's hands and wring the dishrag by stepping left foot toward the audience, counting 1. Swing both hands up toward the audience, pivot on left foot, swing hands above head with back arched and step right foot toward the audience, counting 2. Continue to circle hands toward the back of stage then down, pivot on right foot and step left foot toward the audience, counting 3. Step right foot beside left foot, counting 4. Still holding hands, jump up and down four times, counting 5,6,7,8. If

it's too hard for the children to reverse this step, get them to repeat it going toward the audience. But, if possible, get them to step right foot toward the back of stage, counting 1. Swing both hands up toward the back of stage, pivot on right foot, swing hands above head with back arched and step left foot toward the back of stage, counting 2. Continue to circle hands toward the audience then down, pivot on left foot and step right foot toward the back of stage, counting 3. Step left foot beside right foot, counting 4. Still holding hands, jump up and down four times, counting 5,6,7,8.

3. Repeat step 1, but count to 10 then to 8 only one time.

4. Lower hands to sides. Taking one count for each step, boys take four steps forward to face the right side of stage and girls take four steps in place, turning slightly to face the right side of stage, counting 1,2,3,4. Partners side by side march in place, counting 5,6,7,8. Taking one count for each step, couples march toward the right side of stage. The first couple face one another with the boy facing the audience, take hold of each others' hands and raise them up in front to make an arch, not standing too close to one another. The second couple march behind the first couple. The girl ducks down and walks under the arch made by the first couple and the boy does the same. The second couple face one another with the boy facing the audience, take hold of each others' hands and raise them up in front to make an arch, not standing too close to one another. Without hesitation, each couple follows the actions of the couple in front of them. After the last couple starts through the tunnel, the first couple drops hands and walks through the tunnel, also. Everyone lowers hands and marches back into two lines, partners face one another with boys' left and girls' right shoulders toward the audience. All of these actions should be timed to counting to 8 eight more times.

5. Repeat step 1.

6. Repeat step 2, but on the last four counts, the girls jump so their backs are toward the audience and the boys jump so they are facing their partners.

7. Repeat the first part of step 1, but only count to 10 then continue to glide off stage, counting to 8.

The end.

If the class is capable, the following step can be used to replace step 4. These directions are again for the boys, so reverse them for the girls.

Continue to hold hands, or boy holds girl's right hand shoulder high toward the side with his left hand and places right hand on the left side of her waist. The girl places her left hand on the boy's shoulder, holding elbow up. The boy should step the left foot toward left side, counting 1. Step right foot beside left foot, counting 2. Step left foot toward left side, counting 3. Raise right foot beside left ankle and hop on left foot, counting 4. Step right foot toward right side, counting 5. Step left foot beside right foot, counting 6. Step right foot toward right side, counting 7. Raise left foot beside right ankle and hop on right foot, counting 8. This is the main step of the polka. Repeat the polka, counting to 8 three more times. Continue to do the polka, but each time the boy steps toward the left, turn to the left slightly. Each time the boy steps toward the right, turn to the left more. By doing this, each couple should make a small individual circle, ending with the boy's left and the girl's right shoulders toward the audience.

THE SWINGIN' TRAIN

RSO Records, Inc. RS 2-4001
Original Movie Soundtrack "Saturday Night Fever"
Side 3 Band 1
Night On Disco Mountain

Announcement

"This is how a train would dance,
If it only had the chance.
Clap your hands and tap your toes.
'Round and 'round our swingin' train goes."

This is a fun dance and can be done in a variety of ways. It is made up of one main step that should be taught in a straight line.

Step left foot diagonally forward toward the left, counting 1. Step ball of right foot beside left heel, keeping right knee bent, counting "and." Step left foot slightly forward toward the left, bending left knee, counting 2. Turn and step right foot diagonally forward toward the right, counting 3. Step ball of left foot beside right heel, keeping left knee bent, counting "and." Step right foot slightly forward toward the right, bending right knee, counting 4. Repeat these actions, counting 5, "and," 6, 7, "and," 8. Continue doing this step until it is easily done by the children. This is called the "train step."

During the introduction, off stage at left side, place hands on the shoulder of the person in front. Starting with the left foot, do the "train step" onto the stage in a straight line. The leader turns to the right and makes a large clockwise circle and continues doing the "train step" throughout the routine.

When the leader gets to the left side of the stage toward the audience, she or he should snake the line toward the back of the

stage then toward the audience, dancing close to the children who follow.

When the leader gets to the right side of the stage toward the back, turn to the right and make a large clockwise circle around the stage. Leaving space between those who follow, make a spiral inside of the outer circle. While there is space, turn to the left and travel in a counterclockwise circle to unwind the spiral. If this is too hard for the children, get them to just travel in a large circle, but work on doing it the other way.

Snake back and forth across the stage and exit, still doing the "train step."

The end.

Eventually, allow the leader to travel in whatever direction he or she wishes to. Change leaders so everyone gets a chance to be the main person.

Almost any song with a good rhythm can be used with this dance. The children might choose different records at different times. Encourage thinking and making decisions.

DITES-MOI

RCA Victor Record LSO 1032 (J2PY-1566)
South Pacific
Side A Band 2
Dites-Moi

Announcement

"We've learned about some people
Who live far away.
In France, their talk is different
Than in the U.S.A."

Mentally retarded children enjoy learning French words. It gives them a sense of accomplishment.

Before starting the routine, tell them a little about the location of France and how they speak a different language. Teach all of the words in French then in English.

After the words have been learned fairly well, get the children to stand still and sing along with the record in French. The second chorus should be sung in English along with the following movements.

Singing "Tell me why," extend hands diagonally forward with elbows slightly bent. "The sky;" raise hands upward. "Is filled with music;" turn palms of hands toward one another and sway them back and forth lowering them in a snake-like manner. "Tell me why;" extend hands diagnally forward with elbows slightly bent. "I fly, so high and free;" raise hands diagonally up toward the sides then lower and raise them as if flying. "I know why;" lower hands toward the chest. "I fly;" raise hands diagonally up toward the sides then lower and raise them as if flying. "And why there's music;" raise hands up in front, turn palms of hands toward one another and sway them back and forth lowering them in a snake-like manner. 'It's because, just because;" place left hand on left hip and shake right index finger toward the audience. "You love me;" point index finger toward the audience with elbow straight then bend elbow and point index finger toward the chest.

The end.

Simple movements can also be worked out to fit the words of "Happy Talk" on Side B Band 4 of this same record.

BALLROOM DANCING

RSO Records, Inc. RS 2-4001
Original Movie Soundtrack "Saturday Night Fever"
Side 3 Band 5
Boogie Shoes

Announcement

"All types of dancing
Are fun and so worthwhile.
But ballroom dancing
Always makes us smile."

Partners face one another. Boy holds girl's right hand in his left hand shoulder high toward his left with elbows slightly bent. Boy places right hand on back of girl's waist at her left side. Girl places left hand on boy's right shoulder, holding elbow up.

After the steps have been learned in straight lines, this is the position to assume for dancing. It seems to be accepted better if the position is taught first, then the steps.

For convenience, the boy should always start to dance by stepping on his left foot. The girl should follow his direction and step on her right foot first. This eliminates confusion.

The boy should learn how to lead. This is done by him guiding the girl in whatever direction he wants her to go, with a gentle push or pull of his hands.

After the steps have been learned, they can be done in routine form on the stage, but in regular ballroom dancing, they should be done as the boy sees fit, as long as he can get the girl to follow his leading and they can relax and enjoy what they are doing.

My philosophy about ballroom dancing is that the boy should eventually do whatever the music makes his feet want to do, as long as he can lead his partner gracefully and she can follow his steps without any trouble. Encourage creativity.

Always step the ball of the foot on the floor first, then lower the heel. This will prevent both parties from being stepped on.

The instructions are written for the boys. When dancing face to face, get the girls to use the opposite foot than the boys.

During the introduction, face partner and assume dancing position with girls' backs toward the audience and count to 8 twice.

1. Step left foot toward the left side, counting 1. Tap ball of right foot beside left foot, counting 2. Step right foot toward right side, counting 3. Tap ball of left foot beside right foot, counting 4. Step left foot toward left side, counting 5. Step right foot beside left foot, counting 6. Step left foot toward left side, counting 7. Tap ball of right foot beside left foot, counting 8. Step right foot toward right side, counting 1. Tap ball of left foot beside right foot, counting 2. Step left foot toward left side, counting 3. Tap ball of right foot beside left foot, counting 4. Step right foot toward right side, counting 5. Step left beside right foot, counting 6. Step right foot toward right side, counting 7. Tap ball of left foot beside right foot, counting 8. Repeat entire step, counting to 8 two more times.

2. Step left foot diagonally forward toward the left and repeat step 1, making a one-fourth turn to face the left side of stage, counting to 8. Continue the step, making a one-fourth turn to face the back of stage, counting to 8. Step left foot diagonally forward toward the left and continue doing step 1 to face the right side of stage, counting to 8. Continue the step to face the audience, counting to 8.

3. Maintain ballroom position. Front line of partners turn to face the left side of stage and back line of partners turn to face right side of stage, stepping left foot forward, counting 1. Slide ball of right foot beside left foot, not putting any weight on it, counting 2. Step right foot forward to dance in a large counterclockwise circle, counting 3. Slide ball of left foot beside right foot, counting 4. Step left foot forward, counting 5. Step right foot beside left foot, counting 6. Step left foot forward, counting 7. Slide ball of right foot beside left foot, not putting any weight on it, counting 8. Continue to travel in a large counterclockwise circle and step right foot forward, counting 1. Slide ball of left foot beside right foot, counting 2. Step left foot forward, counting 3. Slide ball of right foot beside left foot, counting 4. Step right foot forward, counting 5. Step left foot beside right foot, counting 6. Step right foot forward, counting 7. Slide ball of left foot beside right foot, not putting any weight on it, counting 8. Repeat this step, counting to 8 two more times.

4. Repeat step 3.

5. Still in large counterclockwise circle, step left foot forward, counting 1. Slide right foot beside left foot, not putting any weight on it, counting 2. Step right foot toward right side, counting 3. Step left foot beside right foot, counting 4. Step right foot toward the back, counting 5. Slide left foot beside right foot, not putting any weight on it, counting 6. Step left foot toward left side, counting 7. Step right foot beside left foot, counting 8. Repeat this step, counting to 8 three more times. This is known as the "box step." Instructions can be called "step, side, close," in time with the music.

6. Turn to face the left side and step left foot diagonally forward and repeat the first part of the "box step," counting 1,2,3,4. Step right foot diagonally back toward the right and repeat the second part of the "box step," turning in a

one-fourth circle, counting 5,6,7,8. Repeat these actions to complete turning in a circle, counting to 8. Repeat this entire step, counting to 8 two more times. This step is called the "box step turn."

7. Repeat step 6, but travel slightly forward so the whole large circle moves forward at the same time each couple is making their "box step turn," counting to 8 four times.

8. Boy lets go of girl's right hand and they walk off stage in time with the music, smiling at the audience, counting to 8 twice.

The end.

THE BATMAN

Polydor Record PD 1-6110
In The City The Jam
Side 1 Band 6
Batman Theme

Announcement

"This is called 'The Batman!'"

Mentally retarded children are especially attracted to music with a fast, strong beat. Then love to end every lesson by doing "The Batman," and never get tired of it.

After the children finish doing this routine in a recital, get them to help you teach the steps to the audience. With the audience standing, explain how to do each step without music. Then call out the steps as everyone does the routine.

Audience participation is a lot of fun and everyone will probably be in for a few surprises. Children love to see their principal and teachers dancing along with them. The whole audience will enjoy doing it and it's a bang-up way to close the show.

These are the main, simplified steps that children enjoy doing. They can be mixed up and repeated in any manner. Also encourage them to do any other steps of their choosing. Use imagination and make up new steps. Get them to do the same. They love to show off their abilities.

Teach the steps without music. When music is added, just call out the name of the steps. The children have no trouble in remembering how they are done. Mix up the order of the steps from time to time, to make certain they are paying attention. This also helps teach them to be more alert in following instructions.

During the introduction, stand still and count to 8 twice.

1. *The Batman:* Raise hands shoulder high toward the sides. Step left foot toward left side, counting 1. Tap ball of right foot beside left foot, counting 2. Step right foot toward right side, counting 3. Tap ball of left foot beside right foot, counting 4. Raise and lower hands as if flying and continue doing this step, counting 5,6,7,8. Repeat these actions, counting to 8 three more times.

2. *The Twist:* Place ball of left foot diagonally forward toward the left, keeping right foot on floor. Keep left heel up and twist it in and out as if stepping on a bug, twisting in, counting 1, twisting out, counting 2. Hold hands in position diagonally forward toward the front with elbows bent and repeat these actions, counting 3,4. Shift weight to left foot and raise right heel up. Maintain hand position and twist right heel in and out twice, counting 5,6,7,8. Raise left heel up and repeat this step, counting to 8.

3. *The Monkey:* Step feet apart, face and lean diagonally forward from the waist toward the left with weight mostly on left foot. Bend elbows and keep fists close together. Bend knees, lower left fist and raise right fist, counting 1. Straighten knees, raise left fist and lower right fist about half way, counting "and." Bend knees, raise left fist and lower right fist the rest of the way, counting 2. Straighten knees, raise right fist and lower left fist about half way, counting "and." Continue doing these actions, counting 3, "and," 4, "and," 5, "and," 6, "and," 7, "and," 8, "and." Face and lean diagonally forward from the waist toward the right with weight mostly on right foot. Bend knees and repeat these actions, counting to 8. Repeat entire step, counting to 8 two more times.

4. *The Swim:* Step left foot closer to right foot. Bend knees and extend hands above head close together, counting 1,2. Straighten knees and lower hands out toward the sides then down with elbows straight and fingers together, counting 3,4. Continue these actions, counting 5,6,7,8. Repeat entire step, counting to 8.

5. *The Pony:* Traveling in a small individual circle to the left, step left foot diagonally forward toward the left and raise hands in a riding position, counting 1. Step ball of right foot behind left heel and raise body up slightly, counting "and." Step left foot diagonally forward toward the left, bending left knee and continue these actions as if riding, counting 2, "and," 3, "and," 4, "and," 5, "and," 6, "and," 7, "and," 8, "and," to face the back of stage. Continue these actions with the same counts, to face the audience. Repeat this step twice, but hold left hand in riding position and swing right hand in a circle above head as if twirling a lariat, counting to 8 four more times.

6. Repeat step 1, counting to 8 twice then continue these actions during the long pause in the music.

7. Repeat step 2, counting to 8 twice.

8. Repeat step 1, counting to 8 five times.

The end.

5

WORKING WITH THE DEAF

One of the first things many people say is that deaf people can dance in time with music because they feel vibrations of the rhythm through the floor. This is not true.

The deaf can feel vibrations the same as anyone else, by feeling the side of a piano that's being played, or by placing a hand on a drum that's being beat. But when dancing, a person's feet are off of the floor so much of the time that it would be impossible to feel any vibrations from the floor.

Repetition of steps and tempo eventually help to perfect dance routines in proper timing.

As far as actual dancing is concerned, deaf children have an advantage over those with other handicaps. Seeing the way something is done slowly then trying to do it, is the main feature in learning how to do almost anything. After doing the same actions over and over again, speed and ease will come naturally.

Almost all of the routines used for the other handicapped children are fun for the deaf children to do. Try to fit whatever material that is used to the needs and ability of the children in the class.

There are books available that explain the use of sign language. Information about them can be obtained from any

school or teacher working with deaf children. Much can be learned about sign language by working with the children.

By combining graceful movements of sign language with simple steps, beautiful dance routines can be created to interpret the words of almost any song. If prayers, poems, or the words of a song are recited along with appropriate background music and movements, the intermingled sign language is very effective.

Games can also be set to music. Use imagination to play hide and seek. Become a flower seed that breaks through the ground, grows and then blossoms. Become a little bunny rabbit playing peek-a-boo. Become the wind and blow gently then blow very strong. Walk on fluffy, white clouds. Pick stars out of the sky, or visit the mystic floor of the sea.

Whatever is done, don't teach too much too fast. Don't strive for perfection. Encourage the children to have fun while they learn. It's amazing how much teachers learn from children.

One of the greatest lessons that I have learned is that happiness is obtained by giving it to others.

There was quite an exchange of happiness during the second year that I worked with handicapped children in Cincinnati, Ohio. I had a twelve year old black boy in one of my classes. Along with other handicaps, this lad was also deaf.

When his classmates sat down or did exercises lying on the floor, he would shift his weight from one foot to the other and watch every movement being made. His eyes told me how much he yearned to be more active and do the same things that the others were doing. You see, John's crippled condition didn't permit him to get down and up from the floor or to move around very well. He was much too large for me to try and help him, so I encouraged him to move his arms around and pretend to be doing the same exercises. That helped, but I could see that this was a poor substitute.

After working with this particular group of children for only a few weeks, the principal of the school asked me how I was getting along with John, the black boy with so many problems. She seemed amazed when I told her that we were doing fine. She

declared, "He's a viper in a snake pit!" Then I learned that John was quite belligerent with practically everyone in the school.

Weeks quickly passed by. It was soon time for all of the classes in the school to perform on the stage for one another. The children's excitement seemed to electrify the air.

In the regular classroom during the week, John's class had made tom-toms out of large coffee cans. They were decorated in various ways. The teacher had encouraged the children to use their own ideas, after making several different suggestions. Each child had also made a two inch corrugated cardboard Indian headband with one feather sticking straight up in front. These children made the finest looking tribe of Indians I have ever seen.

Since John was able to do only part of the actions in the Indian dance, I made him chief of the tribe. He was to sit on a chair at one side of the stage and beat his tom-tom while the rest of the tribe danced for him and the audience. This gave him something important to do and made him very happy.

During the routine, John would occasionally give me a smiling glance. His big brown eyes sparkled with joy. And when he saw the audience applauding as the curtain closed, he jumped around with excitement to the best of his ability.

This might have been one of the greatest highlights throughout John's entire life. Those happy moments on stage would be hard to duplicate. I often wonder if he remembers, or ever recalls the thrill that he experienced the afternoon "he danced on the stage."

A LIVELY MARCH

London Record SPC 21161
Symphonic Sousa
Side 2 Band 7
El Capitan

Announcement

"Marching bands help us to learn
How to count and how to turn.
Stepping lively with our feet,
We must never miss a beat."

During the introduction, stand still and count to 8.

1. Starting with the left foot, march in place, counting to 8 twice. Stepping on the left foot, turn in one-quarter of a circle toward the left, counting 1. Facing the left side of stage, continue marching in place, counting 2,3,4,5,6,7,8. Repeat these actions to face the back of stage, counting to 8. Repeat these actions to face the right side of stage, counting to 8. Repeat these actions to face the audience, counting to 8.

2. Divide the line at the middle. Those on the left side make a one-quarter turn to the left and step on the left foot, counting 1. Step right foot beside left foot, counting 2. Taking small steps, march toward the left side of the stage, counting 3,4,5,6,7,8, while those on the right side turn toward the right and step on left foot, counting 1. Step right foot beside left foot, counting 2. Taking small steps, march toward the right side of the stage, counting 3,4,5,6,7,8. When each person reaches the side of the stage, make a one-quarter turn and march toward the back of stage, counting to 8. Make a one-quarter turn to face the middle of the stage and march in place and march in place, counting to 8 twice.

3. The other children continue to march in place and the front person in the left line faces the back of stage at the same time the back person in the right line faces the audience. Both march to the center of the stage and place left shoulders side by side, counting to 8. Maintain this position and march in place, counting to 8. The two center persons

take tiny steps marching in a counterclockwise circle and taking eight counts for each one-quarter circle, counting to 8 twice.

4. The center children continue to march in a circle, taking eight counts for each one-quarter circle and the children in the sidelines continue to march in place. The next person at the front of the left sideline and the next person at the back of the right sideline march toward the center of the stage to march beside the person in their corresponding sidelines, counting to 8. March shoulder to shoulder in a straight line with head and eyes toward the left and continue to march in one-quarter circle, counting to 8. The next two children in the sidelines duplicate the actions of the ones before them, counting to 8 twice. The next two children in the sidelines duplicate the actions of the ones before them, counting to 8 twice. The next two children in the sidelines duplicate the actions of the ones before them, counting to 8 twice. The last two children in the sidelines duplicate the actions of the ones before them, counting to 8 twice.

   If necessary, more than one person from each line can march toward the center of the stage at one time. It's comical if the last two children ham it up and have a hard time to catch up with their lines.

5. Everyone continues to look toward their left, marching in the circle, counting to 8 three times plus extra counts to 4. A big smile of accomplishment often brings a response from the audience.

6. The last children to join the others in the center of the stage march back to their places at the sides of the stage, counting to 8. They face the middle of the stage and march in place, counting to 8 then continue to march in place throughout the rest of this step. The center line continues to march in a counterclockwise circle and the next two children

from each line duplicate the actions of those before them, counting to 8 twice. The last of the children in the center of the stage duplicate the actions of those before them, counting to 8 twice. Everyone face the audience, stand still and salute with right hand, during the pause in the music.

7. The line on the left side of the stage march in place and the line on the right side of the stage turn to face the back of stage and march in place, counting to 8 five times.

8. March in a large clockwise circle, counting to 8 twice. The first person facing the audience on the left side of stage leads the others as in follow the leader, marching toward the back of stage, counting to 8. The other children follow the one in front of them. The leader turn sharply to the left and march toward the front of stage very close to those who are marching toward the back of stage, counting to 8. The leader turn sharply to the right and march toward the back of stage very close to those who are marching toward the front of stage, counting to 8. The leader turn sharply to the left and march toward the front of stage very close to those who are marching toward the back of stage, counting to 8. Continue doing this snake-like march, counting to 8 four more times.

9. By this time, the leader should be toward the front of the right side of the stage. Leader turn sharply to the right and lead the others in a large clockwise circle around those who are still snaking across the stage, counting to 8 three times plus extra counts to 4. Continue to march in a clockwise circle then off stage, counting to 8 eight more times. The last people to leave the stage wave "goodbye" to the audience.

The end.

Eventually, more spokes can be added to the wheel marching in the center circle. The size of the marching groups and what they do will depend on the number and the ability of the children.

EXERCISES

Many people like to use a drum instead of music, teaching deaf children. It is an easy way to get them to follow rhythm or tempo. Although the noise isn't heard, the downbeat can be seen and eventually understood. Clapping hands will work much in the same manner, but it's a little harder to do.

Steps of a routine can be taught in this manner and set to music later on.

Best results are obtained by doing what is being taught along with the children, until they are capable of doing it alone.

The beating of a drum, or playing music is unnecessary with the following exercises or acrobatics. If a routine is desired, it can be made up of whatever the children are able to do and performed with whatever music that seems suitable.

1. Allow plenty of room between the children. Sit on the floor with feet together, knees straight and toes pointed. Bend forward and touch the toes with hands, keeping knees straight. Sit up and place hands on the floor at the sides of legs. Keeping hands flat against the floor, roll back, bringing feet up with feet together, knees straight and toes pointed. Touch toes against the floor above head then roll back to a sitting position. Repeat these actions three more times.

2. In a sitting position on the floor, place hands diagonally back toward the sides with palms flat against the floor and fingers spread apart. Lean weight on hands and keep elbows straight. With knees straight and toes pointed, kick left foot up toward the ceiling then immediately return it to the floor. Repeat these actions three more times.

3. Maintain the same position and reverse excercise 2, kicking right foot up and down four times.

4. Try to keep elbows straight, knees straight, feet together and toes pointed, raising feet up toward the ceiling then returning them to the floor. Repeat these actions three more times.

5. Get the children to relax between exercises. Make sure they don't hold their breath. That would give them a headache. If necessary, get them to breathe through the mouth.

   Lie flat on the back for a moment. Bend knees, placing feet on the floor slightly toward the sides and as close to the body as possible. Place hands flat on the floor beside the ears, but not too close to them. Spread fingers apart and point them toward the feet with elbows toward the ceiling. Push against the floor with hands and feet. Straighten knees slightly, push body up from the floor, arch the back, roll up on the top of the head then straighten elbows and raise head up from the floor. Keep breathing and raise head to look at the hands. This position is called "a bridge" or "a crab." Lower chin to chest and slowly bend the elbows to carefully place the back part of the head on the floor. Roll down on the back of neck, lower shoulders and the rest of body to the floor. Straighten legs and sit up with hands to the sides.

6. To graceully sit down on the floor, cross right foot in front placing it on the floor beside left foot. Bend knees outward and sit down. In order to gracefully stand up from this position, straighten the knees, stand up and uncross feet. If necessary, place right hand on the floor toward the right and put some weight on it in order to assist in standing up.

7. In a standing position, bend forward at the waist, keeping knees straight. Bounce relaxed body up and down, curving the back with each upward movement. This will "get the kinks out" and should be done after arching the back a few times. This will help to prevent the back from getting too

sore after the muscles have been used in an unusual manner.

8. Stand with feet apart, knees straight, left hand on hip, right hand above head with elbow straight. Lean toward the right side and bend body toward the left, arching right hand toward the left side, relaxing the neck so head tilts toward the left. Bounce right hand toward the floor then straighten up slightly. Arch more with each bounce, repeating this action three more times. Make sure the children do not hold their breath. Straighten up and place the right hand on hip and extend left hand above head with elbow straight. Lean toward the left side and bend body toward the right, arching left hand toward the right side, relaxing the neck so head tilts toward the right. Bounce left hand toward the floor then straighten up slightly. Arch more with each bounce, repeating this action three more times. Straighten up. Step left foot diagonally back toward the left side. Place right hand on hip and extend left hand above head with elbow straight. Lean diagonally forward toward the right, tilt head back, arch back and bounce left hand toward the left foot then straighten up slightly. Arch more with each bounce, repeating this action three more times the straighten up. Step right foot diagonally back toward the right side. Place left hand on hip and extend right hand above head with elbow straight. Lean diagonally forward toward the left, tilt head back, arch back and bounce right hand toward the right foot then straighten up slightly. Arch more with each bounce, repeating this action three more times. Step feet apart. Extend hands above head with elbows straight, Keep knees straight, lean body forward, tilt head back, arch back and bounce hands toward the feet then straighten up slightly. Arch back more with each bounce, repeating this action three more times then straighten up. Feet in same position, bend forward, relax and bounce hands toward the feet in order to "get the kinks out of the back."

9. Feet apart, knees straight, hands shoulder high toward the sides, twist and bend forward to touch right hand to left foot with left hand back and pointing toward the ceiling. Straighten up and extend the hands toward the sides. Twist and bend body forward to touch the left hand to right foot with right hand back and pointing toward the ceiling. Straighten up and extend hands toward the sides. Repeat these movements three more times.

10. Kicking is fun. Holding hands shoulder high toward the sides with elbows slightly bent, hop left foot slightly toward the back. Step right foot in place. Hop on right foot and kick left foot forward as high as possible, keeping left knee straight and toes pointed. Lower left foot and hop slightly back on the right foot. Step left foot in place. Hop on left foot and kick right foot forward as high as possible, keeping right knee straight and toes pointed. Lower right foot and hop slightly back on the left foot to repeat these actions three more times.

After the children become more capable, gradually increase the number of times each exercise is done until they can be done eight times each. Different exercises can be added to these.

SIMPLE ACROBATICS

In my opinion, acrobatics should never be taught unless the teacher can do, or at one time could do the stunts. Therefore, the following should only be taught if the teacher can work out along with the children.

1. *Cartwheel:* Face diagonally forward toward the right with right foot toward the right side. Place right then left hand on the floor in a straight line with right foot. Keep palms of hands flat on the floor and elbows very straight. Raise left

foot and put weight on right then left hand while jumping from right foot to left foot, swinging left foot in upward direction then bringing left foot close to left hand. Raise hands up from floor, turn and stand up, placing weight on right foot next to left foot. At first, just barely jump feet off of the floor one at a time. Then kick feet a little higher with each cartwheel. Eventually, the body should be in a straight position while on the hands with both knees straight and toes pointed to resemble a wheel. Start with feet in a straight line. Place one hand on the floor at a time in a straight line toward the right and end up with both feet on the same straight line.

2. *Somersault:* The easiest way to teach a safe, correct somersault is to place feet apart toward the sides. Bend foward at the waist and bend knees, placing hands flat on floor in front of feet, fingers apart and ponting forward. Lean slightly forward and place some weight on hands. Bend elbows slightly and duck head under, carefully placing the back of head on the floor. While in this curled up position, straighten both knees and allow weight of body to slowly roll down the spine. Keep body in curled position so the momentum will bring you into a sitting position. Take hold of shins with hands, pulling feet close to body, shift weight onto feet then stand up. After this is perfected, keep the body curled up and go from one somersault into another. Speed will come with practice. While doing a somersault, never allow a child to place the weight on the top of the head. This might cause the neck to stay stiff, resulting in a thump of the back or shoulders against the floor. To be safe, all acrobatics should be done with ease.

3. *Head stand:* Bend knees and place hands on floor, palms flat, fingers apart and pointing forward. Carefully place the top of the head on the floor making a triangle with head and hands. Press hands against the floor and shift weight onto the head. Raise one foot up from the floor then the

other. Bring knees and feet together then slowly straighten the body with knees straight and toes pointed toward the ceiling. While doing this, keep breathing so the face will not get red, resulting in a headache. After holding the position for a few counts, return the feet to the floor reversing the actions. If the feet should go over in the opposite direction, arch the back and bend the knees to land in a bridge with the head on the floor. Slowly relax and lie down on the floor. The feet can be kicked up from the floor one at a time with the knees straight, in order to look more ladylike. Always try to fit the way the children do things to what is best for them.

4. *The splits:* Place left knee and instep on the floor with left toe pointing straight in back. Place right foot on floor directly in front of left knee. Place hands flat on the floor at each side of right foot. Keep weight centered, right knee up toward ceiling and toes pointed forward. Straighten right knee by sliding right foot forward in a straight line with the left foot and knee. Hold most weight on hands and bounce up and down to do the splits. Never stretch too far making it hurt too much. By stretching only a little more with each lesson, gradual improvements will be noticed. There is a possibility of pulling muscles, making the leg quite sore. Warn the children about this. In order to do the splits on the left foot, reverse the procedures. Try it both ways in order to make both legs limber.

5. *The basic back bend on knees:* Kneel on the floor with knees comfortably apart. Stretch hands up over head with elbows straight and close to ears. The back bend should start with the fingertips and slowly work downward. Relax and breathe constantly, even if it must be through the mouth. Bend wrists back then bend the head back, leaning the upper part of the body slightly forward for balance. Arching the upper part of the spine, lean the hips forward and press insteps against the floor to maintain balance.

Arch lower part of the spine as much as possible then lean back slightly, placing both hands on the floor. Hold position then come up by pushing insteps against the floor and leaning forward. Straighten the lower part then upper part of back. Straighten the neck, bringing hands up over head with elbows straight and close to ears. Straighten wrists and lower hands in front. The back bend on the knees can also be done with the hands crossed in front of chest, bending back in the same manner except allowing the head to go all of the way to the floor without putting much weight on it. If the children are not very capable at first, have them to hold hands on the thighs while leaning forward and doing the back bend only part of the way down. Practice going down slightly farther with each lesson. Never be forceful in teaching any acrobatics. With proper encouragement, the children can do wonders. My theory is that anyone can do anything they want to, if they really want to do it, have the proper know how, and try long enough. "Can't never did anything." Keep on saying "I can," and before long it will be accomplished. Tell this to the children over and over again. Eventually, they will have more confidence in everything they want to do.

EASY TUMBLING

If the instructions are slowly and carefully followed, these stunts will be fun to do. For safety and comfort, they should be done on a tumbling mat or on the grass.

1. One person lie flat on the back. Bend knees placing feet flat on the floor slightly apart, knees straight above feet and toward the ceiling. Straighten elbows with palms toward the ceiling. Second person step right foot between the feet of first person, raise left foot up in back, lean forward and place hands on the knees of the first person. With elbows

bent, hold some weight on hands, lean forward, straighten elbows and place shoulders in hands of the first person. The first person reach out to cup the hands around shoulders of the second person, keeping the elbows very straight. When both feel secure, first person lean forward, press hands against the first person's knees for balance and kick left foot up. Balance well and raise right foot beside left foot with knees straight and toes pointed. Arch the back and hold this pose. Besides keeping the elbows very straight, the first person should never take the hands very far from the knees. The hands should be straight up from the shoulders. This will make the partner's weight seem lighter. The second person lower the right then left foot to the floor as the first person pushes the second person's shoulders toward the knees. This will allow the second person plenty of room to put the feet on the floor without stepping on the first person. Partners clasp right wrists so second person can pull the first person up from the floor. Change places and repeat the stunt.

2. *Leg stand:* First person lunge diagonally forward toward the right with right knee bent and left knee straight with left foot turned slightly toward the left. Raise right hand diagonally down toward the back. Second person walk or run from the right side to cross in front of first person, turn and hop on left foot placing right foot on the upper part of first person's thigh then jump up from left foot putting weight on right foot and straightening right knee. First person curve right arm around second person's leg slightly above knee for balance and hold leg in place. Second person arch back, raise left foot in back as high as possible with left knee straight and turned out, toes pointed, right hand diagonally up in front and left hand diagonally down in back, elbows straight and hands relaxed. Both smile at audience and hold this pose. Second person lower left leg and straighten up. Jump softly to the floor on left then right foot. Partners stand beside one another facing the

audience. Change places and repeat this stunt.

3. *Double somersaults:* One person lie flat on the back, placing hands down to sides. Second person stand with feet beside first person's ears, facing toward the feet. First person reach up with elbows bent toward the ceiling and take hold of second person's ankles. First person raise feet up so second person can take hold of the ankles. First person bend the knees so second person can control weight and place first person's feet on floor close to the first person's body. Second person carefully bend elbows on the outside of partner's legs, duck head under, placing back of head on floor between first person's feet then curve spine to do a somersault. Holding the second person's ankles, the first person pulls up to a standing position. Repeat these actions with partners changing instructions.

Have the children do the actions very slowly and carefully. Speed will come with practice. Always make sure the person on the floor bends the knees enough so the second person can place the feet in the proper place on the floor. Caution the second person to always control the weight with the arms and carefully tuck the head under. It's effective to say, 'Be careful with your head. It's the only one you've got." That makes the children laugh and relax more. Then the stunt will become easier to do.

After the double somersaults are done with ease, they can be done one after the other with speed in a straight line or in a large circle.

In order to do many other tumbling stunts, a special acrobatic foundation is necessary. Always know how to do what you are teaching, know exactly how to teach it to the children and teach it safely.

The end.

NATIVE DANCERS

London Record SP 44175
The Return Of James Bond
Side 2 Band 1
Peter Gunn

Announcement

"This is how the natives dance,
Every time they get a chance."

During the introduction, stand off stage on the right side and count to 8 four times along with the beating of the drums.

1. Left hand extended shoulder high in front with palm up, right hand extended shoulder high in back with palm up, step left foot forward and raise right hand diagonally up in back, counting 1. Left hand remains forward. Step right foot forward and raise right hand above head, counting 2. Step left foot forward and lower right hand slightly forward, counting 3. Bend right knee to raise right foot up beside left knee, bending left knee, lowering right hand to palm of left hand and bow head forward, counting 4. Straighten left knee, step right foot forward, raise head up and raise right hand diagonally up toward the front with left hand shoulder high in front, counting 5. Step left foot forward and raise right hand above head, counting 6. Step right foot forward and lower right hand slightly toward the back, counting 7. Bend left knee to raise left foot up beside right knee, keeping right knee straight, head up and lower right hand shoulder high in back with left hand shoulder high in front, counting 8. Repeat entire step, traveling across stage then in a large counterclockwise circle, counting to 8 five more times.

2. Turn to face the audience and step left foot diagonally forward toward the left, lowering hands diagonally down toward the back, counting 1,2. Hold hand position and bend right knee to raise right foot beside left knee, counting 3,4. With same hand position, step right foot diagonally forward toward the left, counting 5,6. With same hand position, bend left knee to raise left foot beside right knee, counting 7,8. With same hand position, step left foot diagonally forward toward the left, keeping right foot on the floor, counting 1. Hands remain diagonally down toward the back, bend left knee to kneel on right knee, counting 2. Hold this pose, counting 3,4. Swing hands forward then above head, counting 5,6. Hold this pose, counting 7,8. Bending forward at the waist, lean forward lowering head and hands toward the floor, keeping elbows straight and close to the ears, counting 1. Hold this pose, counting 2,3,4. Raise body, head and hands up straight, counting 5. Hold this pose, counting 6,7,8. Hands close together above head, turn toward the audience, placing left knee beside right knee, counting 1. Hold this pose, counting 2,3,4. Separate hands diagonally up toward the sides with palms turned in, counting 5. Hold this pose, counting 6,7,8. Elbows straight, lower hands toward the sides then down in front swinging right hand in front of left hand, pointing fingers toward the floor with arms crossing one another, bending forward at the waist and lowering head, counting 1. Hold this pose, counting 2,3,4. Swing hands down toward the sides then diagonally up toward the sides, straightening body and head up, counting 5. Hold this pose, counting 6,7,8. Swing hands down and repeat these actions, counting to 8 three more times. Turn and step right foot diagonally forward toward the right with hands still diagonally up toward the sides, counting 1. Hold this pose, counting 2,3,4. Bring palms close to one another, counting 5. Hold this pose, counting 6,7,8. Bending forward at the waist, lean forward lowering head and hands toward the floor, keeping elbows straight and close to ears, counting 1.

Hold this pose, counting 2,3,4. Raise body, head and hands up straight, counting 5. Hold this pose, counting 6,7,8. Hands in same position, stand up on right foot, counting 1,2. Step left foot beside right foot not putting any weight on it, counting 3,4. Lowering hands diagonally down toward the back, turn palms down, counting 5. Hold this pose, counting 6,7,8. Step left foot diagonally back toward the left with hands in same position, counting 1,2. Bend and raise right knee waist high with toes pointed down, counting 3,4. Step right foot diagonally back toward the left, counting 5,6. Bend and raise left knee waist high with toes pointed down, counting 7,8.

3. Swing hands diagonally up toward the sides with palms turned toward the audience and head up high, turn and step left foot toward the left side keeping both feet on the floor, counting 1. Hold this pose, counting 2,3,4. Lower hands out toward the sides then down in front crossing right hand in front of left hand, keeping elbows straight and lowering head, counting 5. Hold this pose, counting 6,7,8. Fingers together, swing hands down and out toward the sides then diagonally up toward the sides to repeat these movements, counting to 8 three more times.

4. Feet still apart, lower hands to sides, counting 1. Raise heels up slightly, turn to face the left side of stage and lower heels, counting 2. Keeping both feet on the floor and right knee straight, turn right toes out toward the side, bend left knee sliding right foot back toward the right side of stage and raise hands shoulder high toward the front, counting 3,4. With elbows straight, raise right hand above head, counting 5,6. Lower head and lower right hand to touch right palm against the palm of left hand, counting 7,8. Raise head and raise right hand above head to repeat these head and hand actions, counting to 8 three more times.

5. Feet in the same position with left knee bent and right knee straight, raise head, swing hands down toward the right side

of body keeping right elbow straight, bending left elbow so hands are parallel and turn head to look at fingers that are together and pointing diagonally down toward the back, counting 1. Hold this pose, counting 2,3,4. Swing hands across the body toward the left, straighten left elbow and bend right elbow so hands are parallel with one another, fingers together and pointing diagonally up toward the front with eyes following the movements of the hands, counting 5. Hold this pose, counting 6,7,8. Swing hands down and diagonally toward the back to repeat these actions, counting to 8 three more times.

6. Raise heels slightly straightening left knee, turn to face the audience, lower heels and straighten right elbow extending hands diagonally up toward the sides with fingers together and palms turned toward the audience, counting 1. Hold this pose, counting 2,3,4 and continue to repeat step 3.

7. Feet still apart, lower hands to side, counting 1. Raise heels up slightly, turn to face the right side of stage and lower heels, counting 2. Keeping both feet on the floor and left knee straight, turn left toes out toward the side, bend right knee sliding left foot back toward the left side of stage and raise hands shoulder high toward the front, counting 3,4. With elbows straight, raise left hand above head, counting 5,6. Lower head and lower left hand to touch left palm against the palm of right hand, counting 7,8. Raise head and raise left hand above head to repeat these head and hand actions, counting to 8 three more times.

8. Feet in the same position with right knee bent and left knee straight, raise head, swing hands down toward the left side of body keeping left elbow sraight, bending right elbow so hands are parallel and turn head to look at fingers that are together and pointing diagonally down toward the back, counting 1. Hold this pose, counting 2,3,4. Swing hands across the body toward the right, straighten right elbow

and bend left elbow so hands are parallel with one another, fingers together and pointing diagonally up toward the front with eyes following the movements of the hands, counting 5. Hold this pose, counting 6,7,8. Swing hands down then diagonally toward the back to repeat these actions, counting to 8 three more times.

9. Raise heels slightly, turn toward the left and place weight on left foot with hands diagonally up toward the sides, counting 1. Turn and step right foot forward to walk in a large counterclockwise circle, lowering left hand shoulder high in front and right hand shoulder high in back, counting 2. Keep left hand in the same position throughout this step. Step left foot forward and raise right hand above head, keeping elbow straight, counting 3. Step right foot forward and lower right hand shoulder high in front, counting 4. Step left foot forward and lower right hand to the side, counting 5. Step right foot forward and raise right hand shoulder high toward the back with palm up, counting 6. Step left foot forward and raise right hand above head, counting 7. Step right foot forward and lower right hand shoulder high in front, counting 8. Continue to walk in the circle with the same right hand movements, counting to 8 three more times.

10. Jump left foot forward bending left knee and ball of right foot back with right knee straight, bending elbows with left hand back and pointing toward the floor, right hand forward and pointing toward the ceiling, counting 1. Hold this pose, counting 2. In a scissor-like manner, jump right foot forward bending right knee and ball of left foot back with left knee straight, swinging left hand forward with elbow bent and hand pointing toward the ceiling, right hand back with elbow bent and hand pointing toward the floor, counting 3. Hold this pose, counting 4. Traveling slightly forward with each jump, continue to do this scissor step, counting 5,6,7,8 then counting to 8 three more times.

11. Continue doing the same scissor step with the feet, but straighten elbows and swing right hand diagonally down toward the front and left hand diagonally down toward the back when the left foot is forward. Swing left hand diagonally down in front and right hand diagonally down toward the back when the right foot is forward. Traveling slightly forward with each jump, continue in the large circle, counting to 8 eight times.

12. Continue doing the same scissor step with the feet, but bend elbows and point hand forward with fingers together, swinging right hand forward with elbow bent and left hand back with elbow bent and left hand back with elbow bent with both hands pointed forward when left foot is forward. Keeping elbows bent and hands pointed forward, swing left hand forward and right hand back when right foot is forward. Traveling forward with each jump, continue dong this step with one person leading the others off stage, counting to 8 eleven more times.

The end.

EXPLORING THE OCEAN FLOOR

MG Records S1E-6ST
Dr. Zhivago
Side 2 Band 1

Announcement

"Sometime when I go to sleep,
I dream about the ocean deep.
I would like to go explore
What is on the ocean floor."

During the very slight introduction, stand off stage on the right side. Taking one slow count for every three fast beats of the music, raise head up high and swing hands diagonally down toward the back, counting 1,2.

1. Starting with the left foot and taking one slow count for each step, hold head and hand position and walk on stage, counting to 8 then only to 6. Turn and step left foot toward the audience, counting 7. Step right foot beside left foot, counting 8. Bend right knee and point left toe forward with knee straight, extending right hand shoulder high toward the right side and left hand toward the left foot with palm up and fingers relaxed, counting 1. Raise left toe and hand up slightly, counting 2. Lower left toe and hand, counting 3. Raise left toe and hand up, counting 4. Step left foot forward and lower hands to sides, counting 5,6. Slide ball of right foot beside left foot, counting 7,8. Bend left knee and point right toe forward with straight knee, extending left hand shoulder high toward the left side and right hand toward the right foot with palm up and fingers relaxed, counting 1. Raise right toe and hand up slightly, counting 2. Lower right toe and hand, counting 3. Raise right toe and hand up, counting 4. Step right foot forward and lower hands to sides, counting 5,6. Slide ball of left foot beside right foot, counting 7,8. With knees turned out toward the sides and left toe touching the floor before lowering the heel, turn and step left foot forward facing the left side of stage, swinging hands forward, counting 1. Hold this position, turn palms up and leading with the back of the wrists, swing hands down and toward the back, counting 2. Step right foot forward toward the left side of stage with toes first then lowering heel, turning wrists to lead with the back of the wrists and swinging hands forward, counting 3. Hold this position, turn palms up and leading with the back of wrists, swing hands down and toward the back, counting 4. With knees still turned out toward the sides and walking with the toes touching the floor before lowering the heel,

turn and step the left foot forward to face the back of stage, turning wrists to lead with the back of the wrists and swinging hands forward, counting 5. Hold this position, turn palms up and leading with the back of wrists, swing hands down and toward the back, counting 6. Step right foot toward the back of stage, turning wrists to lead with the back of the wrists and swinging hands forward, counting 7. Hold this position, turn palms up and leading with the back of wrists, swing hands down and toward the back, counting 8. In the same manner, turn and walk toward the right side of the stage, counting to 4. In the same manner, turn and walk toward the audience, counting 5,6,7,8. Step left foot beside right foot and lower hands to sides, counting only 1,2.

2. Knees together, bend them and place palms of hands together in front of chest, counting 1,2. Straighten knees and raise hands above head with palms turned toward the audience, counting 3,4. Bend knees, turn palms out toward the sides then down, lowering hands toward the sides then down with elbows straight and place palms of hands together in front of chest, counting 5,6. Straighten knees and raise hands above head with palms turned toward the audience, counting 7,8. Repeat this step, counting to 8. Hold position, counting only 1,2.

3. With knees straight, lower hands toward the front then diagonally down toward the back and turn toward the left, bending forward at the waist and looking diagonally forward toward the left, counting 1,2. Hands remain in this position. Straighten up and face forward, counting 3,4. Turn toward the right, bending forward at the waist and looking diagonally forward toward the right, counting 5,6. Straighten up and face forward, counting 7,8. Hands remain diagonally back. Turn and step left foot toward the left side of stage keeping right foot on floor, leaning and looking toward the left side, counting 1,2. Slide ball of right

foot beside left foot not putting any weight on it and straighten up, counting 3,4. Turn and step right foot toward the right side of stage keeping left foot on floor, counting 5,6. Slide ball of left foot beside right foot not putting any weight on it and straighten up, counting 7,8. Turn and step left foot diagonally forward toward the left keeping right foot on floor, counting 1,2. Slide ball of right foot beside left foot not putting any weight on it, counting 3,4. Turn and step right foot diagonally forward toward the right keeping left foot on floor, counting 5,6. Slide ball of left foot beside right foot not putting any weight on it, counting 7,8.

4. Step left foot toward the left side, facing forward and swinging hands up shoulder high toward the right, bending left knee, counting 1. Turning in a circle to the left, step ball of right foot behind left heel keeping right knee slightly bent, counting 2. Hands remain in same position. Turn and step left foot toward the back of stage, bending left knee slightly, counting 3. Step ball of right foot behind left heel keeping right knee slightly bent, counting 4. Step left foot toward the right side of stage, bending left knee slightly, counting 5. Step ball of right foot behind left heel keeping right knee slightly bent, counting 6. Step left foot toward the audience, bending left knee slightly, counting 7. Tap ball of right foot beside left foot swinging hands down across the front of body and up shoulder high toward the left side, counting 8. Hands remain in this position. Turning in a circle toward the right, step right foot toward the right side of stage bending right knee slightly, counting 1. Step ball of left foot behind right heel keeping left knee slightly bent, counting 2. Turn and step right foot toward the back of stage, bending right knee slightly, counting 3. Step ball of left foot behind right heel keeping left knee slightly bent, counting 4. Turn and step right foot toward the left side of stage bending right knee slightly, counting 5. Step ball of left foot behind right heel keeping left knee

slightly bent, counting 6. Turn and step right foot toward the audience, bending right knee slightly, counting 7. Tap ball of left foot beside right foot and lower hands to sides, counting 8.

5. Step left foot diagonally forward toward the left keeping ball of right foot on the floor. With fingers together, swing right hand diagonally down toward the back and place the left hand above the eyes, counting 1,2. Bend both knees and lean forward at the waist as if looking for something, counting 3,4. Bend knees more and lean forward farther as if taking a closer look, counting 5,6,7,8. Look frightened and jerk back, sliding left foot beside right foot and lowering hands to sides, counting 1,2. Slide left foot diagonally back toward the right and step on it, extending hands diagonally forward toward the left, counting 3,4. Hands in same position, step right foot diagonally back toward the right, counting 5,6. Slide ball of left foot beside right foot not putting any weight on it, counting 7,8. Raise closed hands and elbows close together in front of chest, turning upper part of body toward the left and toward the right then face forward, counting only 1,2.

6. Turn and step left foot diagonally forward toward the right, extending hands out toward the sides, counting 1,2. Bend left knee out and point right toe diagonally forward toward the right, extending right hand down toward the right foot, counting 3,4. Hold this position lowering right hand closer to the right foot with wrist relaxed, counting 5. Hold this pose swinging right hand up shoulder high toward the right side, counting 6. With right wrist relaxed and leading with the inner part, lower right hand like a fish swimming past, counting 7. Still leading with the inner part of the wrist, turn palm of right hand toward the body and raise right hand shoulder high diagonally forward toward the right and step right foot beside left foot, counting 8. Turn and step right foot diagonally forward toward the

left, extending hands out toward the sides, counting 1,2. Bend right knee out and point left toe diagonally forward toward the left, extending left hand down toward the left foot, counting 3,4. Hold this position lowering left hand closer to the left foot with wrist relaxed, counting 5. Hold this pose swinging left hand up shoulder high toward the left side, counting 6. With left wrist relaxed and leading with the inner part, lower left hand like a fish swimming past, counting 7. Still leading with the inner part of the wrist, turn palm toward the body and raise left hand shoulder high diagonally forward toward the left and step left foot beside right foot, counting 8. Step left foot toward the audience then step right foot beside left foot, lowering hands to sides, counting only 1,2.

7. Turn and step left foot diagonally back toward the left, raising left hand shoulder high toward the left and right hand shoulder high diagonally forward toward the right, counting 1. Keeping hands in this position, step right foot beside left foot, counting 2. Step left foot diagonally back toward the left, counting 3. Point right toe diagonally forward toward the right and lower right hand toward the right foot as if petting something, counting 4. Turn and step right foot diagonally back toward the right, raising right hand shoulder high toward the right and left hand diagonally forward toward the left, counting 5. Keeping hands in this position, step left foot beside right foot, counting 6. Step right foot diagonally back toward the right, counting 7. Point left toe diagonally forward toward the left and lower left hand toward the left foot as if petting something, counting 8. Repeat entire step, counting to 8.

8. Turn toward the audience and step left foot beside right foot, counting 1. Bend knees, lean slightly forward and lower hands diagonally down toward the sides, counting 2. Hold this pose, swinging hands up in front of chest with palms of hands together, counting 3. Straighten the knees,

raising hands above head with elbows straight and hands close to one another, counting 4. Head up, hold this pose, counting 5,6,7,8. Lowering hands out toward the sides then diagonally down with elbows straight and palms down, bend knees, counting 1,2. Hold this pose, swinging hands up in front of chest with palms of hands together, counting 3. Straighten the knees, raising hands above head with elbows straight and hands close to one another, counting 4. Head up, hold this pose, counting 5,6,7,8. Lower hands to the sides and bow head.

The end.

THE SWINGIN' RHUMBA

RCA Records CAS-2599
Harry Belafonte
Side 2 Band 3
Coconut Woman

Announcement

"It's Rhumba time!"

In teaching the Rhumba, never accentuate the hip movements. The natural sway will give a pleasing, refined look to the dance.

During the introduction, stand off stage toward the back on the left side and count to 8 four times.

1. Hold the ends of a brightly colored scarf that's around the neck diagonally forward toward the sides. Step left foot slightly forward, pulling left hand forward and right hand back, counting 1. Step right foot slightly forward, pulling right hand forward and left hand back, counting 2. Step left foot slightly forward, pulling left hand forward and

right hand back and bending left knee, counting 3. Hold hand position, tap ball of right foot beside left foot and straighten left knee, allowing a little rolling action to start at the ankle and follow forward, all of the way up the body to the head, counting 4. Step right foot slightly forward, pulling right hand forward and left hand back, counting 5. Step left foot slightly forward, pulling left hand forward and right hand back, counting 6. Step right foot slightly forward, pulling right hand forward and left hand back and bending right knee, counting 7. Hold hand position, tap ball of left foot beside right foot and straighten right knee, allowing a little rolling action to start at the ankle and follow forward, all of the way up the body to the head, counting 8. This basic step is called the Rhumba. Continue to do the Rhumba scross the stage, counting to 8 three more times. Continuing to do the Rhumba, the first person turn toward the audience then toward the left side of the stage and lead half of the children back across the stage to form two lines, counting to 8 four times.

2. Holding the ends of the scarf diagonally forward toward the sides, face diagonally forward toward the left and step left foot toward the left side, counting 1. Cross right foot in front of left foot and step diagonally forward toward the left, counting 2. Step left foot toward the left, counting 3. Turning diagonally forward toward the right, tap the ball of right foot beside the left foot and give a little rolling action from the ankle up the body to the head, counting 4. Hands in same position, step right foot toward the right side, counting 5. Cross left foot in front of right foot and step diagonally forward toward the right, counting 6. Step right foot toward the right, counting 7. Turning diagonally forward toward the left, tap the ball of left foot beside the right foot and give a little rolling action from the ankle up the body to the head, counting 8. Repeat this step, counting to 8 seven more times.

3. Pull the scarf from around the neck with the right hand, raise it up toward the right side and step left foot toward the left side, counting 1. Keep left hand diagonally forward toward the left with elbow slightly bent. Step ball of right foot beside left foot keeping right knee bent and heel up from the floor, swinging the scarf down toward the right side, looking toward the left side, counting 2. Keeping the ball of right foot on the floor with heel up, twist right heel out toward the right side straightening the right knee and step left foot toward the left side, swinging the scarf up, counting 3. Step the ball of right foot beside left foot keeping right knee bent and heel up from the floor, swinging the scarf down toward the right side, still looking toward the left side, counting 4. Continue doing these actions, counting 5,6,7. Tap the ball of right foot beside left foot with right knee bent, turn diagonally forward toward the right and lower the scarf toward the right side, counting 8. Step right foot toward the right side, swinging the scarf up with the right hand, counting 1. Step ball of left foot beside right foot keeping left knee bent and heel up from the floor, swinging the scarf down toward the right side, looking toward the right side, counting 2. Keeping the ball of left foot on the floor with heel up, twist left heel out toward the left side straightening the left knee and step right foot toward the right side, swinging the scarf up, counting 3. Step the ball of left foot beside right foot keeping left knee bent and heel up from the floor, swinging the scarf down toward the right, still looking toward the right side, counting 4. Continue doing these actions, counting 5,6,7. Tap the ball of left foot beside right foot with left knee bent, turn diagonally forward toward the left and lower the scarf toward the right side, counting 8. Repeat entire step three times, counting to 8 six more times.

4. Hold left hand position and swing scarf toward the left and step left foot toward the left side, counting 1. Tap ball of right foot beside left foot, counting 2. Swing the scarf

toward the right and step right foot toward the right side, counting 3. Tap ball of left foot beside right foot, counting 4. Continue doing these actions, counting 5,6,7,8 then counting to 8 three more times.

5. Flip loose end of scarf in back under the hips and catch it with the left hand. Front line turn toward the left, back line turn toward the right and do the Rhumba as in step 1, pulling scarf back and forth under the hips, traveling in a large counterclockwise circle, counting to 8 four times.

6. Keep the scarf under the hips with the same movements and continue to Rhumba in an individual circle to the left to face the back of stage on the first count to 8; face the audience after the second count to 8 then repeat this step, counting to 8 two more times.

7. Let go of scarf with left hand. Face and step left foot diagonally forward toward the left and swing scarf up at the right side, counting 1. Crossing right foot in front of left foot, step right foot diagonally forward toward the left, swinging scarf down at the right side, counting 2. Step left foot toward the left, facing the audience and swinging scarf up, counting 3. Tap ball of right foot beside left foot turning diagonally forward toward the right and give a little rolling action from the ankle up through the body to the head, shaking the scarf down, counting 4. Step right foot diagonally forward toward the right and swing scarf up at the right side, counting 5. Crossing left foot in front of right foot, step left foot diagonally forward toward the right, swinging scarf down at the right side, counting 6. Step right foot toward the right, facing the audience and swinging scarf up, counting 7. Tap ball of left foot beside right foot turning diagonally forward toward the left and give a little rolling action from the ankle up through the body to the head, swinging the scarf down, counting 8. Repeat entire step, counting to 8 three more times.

8. Repeat step 3, counting to 8 eight times.

9. Flip the loose end of scarf under the hips, catching it with the left hand and do the Rhumba traveling in a large counterclockwise circle then off stage, counting to 8 twenty times.

The end.

AN ACROBATIC BALLET

Columbia Records KG 31588
Percy Faith
Side 1 Band 1
Baubles, Bangles and Beads

Announcement

"Just about all that I can say
Is here's an acrobatic ballet."

During the introduction, stand in two lines off stage on the left side. After the violins play, count to 6 four times.

1. With hands shoulder high toward the sides, palms down, wrists and fingers relaxed, sway right hand shoulder high toward the left and left hand diagonally back toward the left, stepping ball of left foot forward with knee straight, counting 1. Step ball of right foot beside left foot with knee straight, holding hand position, counting 2. Step left foot down in place bending the knee out toward the left and point right toe forward off of the floor with knee straight and turned out toward the right, pointing the toes and lowering the right hand toward the right foot with palm up, counting 3. Sway right hand diagonally back toward the right and left hand shoulder high toward the right, stepping

ball of right foot forward with knee straight, counting 4. Step ball of left foot beside right foot with knee straight, holding hand position, counting 5. Step right foot down in place bending the knee out toward the right and pointing left toe forward off of the floor with knee straight and turned out toward the left, pointing the toes and lowering the left hand toward the left foot with palm up, counting 6. Repeat entire step, counting to 6 three more times.

2. (Refer to "Ballet Techniques" in Chapter 6.) Turning to face the left side of stage, balancé left, counting 1,2,3 then balancé right, counting 4,5,6. Step left foot toward the back of stage with hands shoulder high toward the sides, counting 1. Swing right foot around in front of left foot with right knee straight, bending left knee out toard the side and lowering hands toward the front, counting 2. Bend right knee crossing right foot in front of left foot and place ball of right foot to the outer side of the left foot, crossing right hand in front of left hand, counting 3. Raise up on the balls of both feet, straighten the knees and turn in a circle to the left, raising hands above head, counting 4,5. Plié in fifth position with left foot in front, facing the left side of stage and lowering hands shoulder high toward the sides, counting 6. Turning to face the back of stage, repeat this step, counting to 6 twice. Turning to face the right side of stage, repeat this step, counting to 6 twice. Turning to face the audience, repeat this step, counting to 6 twice.

3. Step left foot toward left side and swing left hand up toward the left side then above head bending the elbow, lowering and swinging the right hand in front of the body bending the elbow, counting 1,2,3. Bend left knee out toward the left and point right toe diagonally forward toward the left with right knee turned out and toes pointed, holding left hand in position above head and lowering right hand toward right side, counting 4,5,6. Step right foot toward right side and swing right hand up toward the right

side then above head bending elbow, lowering and swinging the left hand in front of the body bending the elbow, counting 1,2,3. Bend right knee out toward the right and point left toe diagonally forward toward the right with left knee turned out and toes pointed, holding right hand in position above head and lowering left hand toward left foot, counting 4,5,6. Repeat entire step, counting to 6 two more times.

4. Turn to face the right side of stage, sliding left foot beside right foot and lowering hands to sides, counting 1,2,3. Palms turned in and fingers together, extend left hand diagonally down in back and raise right hand diagonally up in front with elbows straight, bending right knee, sliding left foot toward the back with left knee straight and toes turned to the side with foot on the floor, counting 4,5,6. Bend right knee as far as possible, lean forward and place hands flat on floor, slightly farther apart than the shoulders are wide, fingers apart and point toward the right side of stage, counting 1,2,3. Carefully place the top of head on the floor to form a triangle with the hands, counting 4,5,6. Bend left knee and slide left foot beside right foot, counting 1,2,3. Press hands against the floor and raise both feet up slightly, counting 4,5,6. Bringing knees and feet together with toes pointed, balance with the hands and slowly straighten the back then the hips and knees, counting to 6. Hold this pose, counting to 6. (If possible, do the splits, counting 1,2,3 then bring feet together, counting 4,5,6.) Knees and feet together, bend knees then hips and lower feet to the floor, counting to 6. Keeping hands on floor, raise head up and slide left foot toward the back straightening the knee, counting 1,2,3. Swing right hand diagonally up toward the right side of stage and left hand diagonally down toward the left side of stage and look toward the audience, smiling and counting 4,5,6. With the weight on right foot, stand up and slide left foot beside right foot, still looking at the audience and raising hands diagonally up toward the sides, counting to 6. Turn and step left foot

toward the left side of stage, lowering hands shoulder high toward the sides, counting 1,2,3. Hold hand position, bend left knee and point right toe diagonally forward toward the left, counting 4,5,6. Step right foot diagonally forward toward the right, counting 1,2,3. Bend right knee and point left toe diagonally forward toward the right, counting 4,5,6.

5. Traveling in an individual circle to the left, repeat step 1 to face the right side of stage after counting to 6 four times.

6. Point left toe forward toward the right side of stage, raising left hand shoulder high toward the back and right hand shoulder high toward the front, counting 1,2,3. Slide left foot beside right foot, lowering hands to sides, counting 4,5,6. With left knee straight, turn left foot out toward the side and slide it toward the back, raising left hand shoulder high toward the back and right hand shoulder high toward the front, counting 1,2,3. Continue sliding the left foot back, doing the splits, counting 4,5,6 then to 6 again. Raise hands to form a circle above the head, counting 1,2,3. Hold hand position, twist upper part of body toward the audience and smile, counting 4,5,6.

7. Keep right hand above head, sit toward the right, place left hand on floor behind left leg, turn and swing right foot in a half circle to the left with knee straight and toe pointed so right foot is above the left foot, counting 1,2,3. Keep right hand above head, place weight on left hand with elbow straight, swing right foot past left foot making not quite a complete circle and do the splits, extending the left hand shoulder high toward the left side, counting 4,5,6. Repeat this step to end up doing the splits facing the left side of the stage after counting to 6 five more times. With hands shoulder high toward the sides, lean then sit toward the right, bend right knee and circle right foot to the left, counting 1. Shift weight and raise up on right knee,

counting 2. Place left foot in front of right knee and slide it forward to do the splits, counting 3. Lean then sit toward the left, bend left knee and circle left foot to the right, counting 4. Shift weight and raise up on left knee, counting 5. Place right foot in front of left knee and slide it forward to do the splits, counting 6. Repeat this traveling splits, counting to 6 two more times. Lean then sit toward the right, bend right knee and circle right foot to the left, counting 1. Shift weight and raise up on right knee, counting 2. Place left foot beside right knee and stand up, counting 3,4,5. Turn to face the audience and step right foot beside left foot, counting 6. Lower hands to sides and bow head, counting only 1,2,3.

The end.

WALKING ON CLOUDS

Columbia Records PG 31588
Percy Faith
Side 1 Band 4
Show Me

Announcement

"It's a feeling like we're proud,
When we're walking on a cloud.
Stepping lightly on our way,
We can dream both night and day."

Cross right foot in front of left foot. Bend knees out toward the sides and sit on the floor. Wrap arms around legs and rest forehead on knees.

During the introduction, hold this position and count to 6 twice. Raise head up, counting to 6. Stretch hands diagonally up

toward the sides with palms toward the audience, counting to 6. Place hands on the floor toward the front, counting to 6. Place hands on the floor toward the front, counting to 6. Lean weight forward and stand up, counting to 6. Step right foot beside left foot, bending elbows toward the floor with palms shoulder high toward the audience and fingers together, counting 1,2,3. Hold this hand position and bend forward at the waist, counting 4,5,6. With same hand position, straighten up, counting 1,2,3. Stand still and lower hands in front, past the sides then diagonally down toward the back, counting 4,5,6.

1. Raise hands diagonally forward toward the sides and keep them in that position for balance. Bend left knee, raising left foot beside right knee with toe pointed down, counting 1,2,3. Bend right knee and point left toe forward with knee straight and turned out, counting 4,5,6. Straighten right knee and return left foot beside right knee, counting 1,2,3. Step left foot beside right foot, counting 4,5,6. Bend right knee, raising right foot beside left knee with toe pointed down, counting 1,2,3. Bend left knee and point right toe forward with knee straight and turned out, counting 4,5,6. Straighten left knee and return right foot beside left knee, counting 1,2,3. Step right foot beside left foot, counting 4,5,6. Repeat this step, but point the left toe toward the left side and the right toe toward the right side, counting to 6 four times. Eventually, encourage the children to look toward the toe that is being pointed then toward the audience.

2. Lean forward at the waist, turn palms of hands toward the audience with elbows bent and look toward the floor in front, counting 1,2,3. Hold this pose, counting 4,5,6. Turn body toward the left, leaning and looking toward the floor as if watching something, counting 1,2,3. Hold this pose, counting 4,5,6. Hands in same position, raise head up, looking toward the left and straighten up, counting 1,2,3. Turn head to look toward the ceiling, counting 4,5,6. Raise

hands above head, counting 1,2,3. Move palms of hands forward and back two times with palms turned up as if petting something, counting 4,5,6. Slowly lower hands forward then down to sides, still looking toward the ceiling, counting to 6. Slowly lower head to look toward the audience, counting to 6. Lean from the waist and look toward the right side, counting 1,2,3. Still leaning forward, turn toward the audience then toward the left side, counting 4,5,6. Straighten up and place ball of left foot beside right foot, counting 1,2,3. Turn to face the left side of stage and lower left heel to floor, counting 4,5,6.

3. Raise hands diagonally forward toward the sides for balancing, bend left knee, raising left foot beside right knee, counting 1,2,3. Bend right knee and point left toe forward with knee turned out, counting 4,5,6. Raise toe then step left foot forward, raising right hand shoulder high in front and swinging left hand diagonally down in back, counting 1,2,3. Bend right knee and raise right foot beside left knee, lowering hands to sides, counting 4,5,6. Bend left knee and point right toe forward with knee straight and turned out, counting 1,2,3. Raise right toe up then point it forward again, swinging left hand shoulder high toward the front and right hand diagonally down toward the back, counting 4,5,6. Raise right toe up then step right foot forward, counting 1,2,3. Raise left foot beside right knee and lower hands to sides, counting 4,5,6. Turn and step left foot diagonally forward toward the left, counting 1,2,3. Face the audience and step right foot beside left foot, counting 4,5,6. (Pretend to be walking on clouds.)

4. Feet together and knees straight, swing hands diagonally down toward the left side, counting 1. Bend knees and swing hands down in front, counting 2,3. Straighten knees and swing hands diagonally down toward the right, counting 4. Bend knees and swing hands down in front, counting 5,6. Looking toward the hands, straighten knees and

swing hands shoulder high toward the left side, counting 1. The eyes continue to follow the hands throughout this step. Bend knees and swing hands down in front, counting 2,3. Straighten knees and swing hands shoulder high toward the right, counting 4. Bend knees and swing hands down in front, counting 5,6. Straighten knees and swing hands diagonally up toward the left, counting 1. Bend knees and swing hands down in front, counting 2,3. Straighten knees and swing hands diagonally up toward the right, counting 4. Bend knees and swing hands down in front, counting 5,6. Straighten knees and swing hands up toward the left side then above head, counting 1. Bend knees and swing hands down toward the left side then in front, counting 2,3. Straighten knees and swing hands up toward the right side then above head, counting 4. Bend knees and swing hands down toward the right side then in front, counting 4,5,6. Straighten knees and swing hands up toward the left side then above head, counting 1. Bend knees and continue to circle hands down toward the right side then in front, counting 2,3. Straighten knees and swing hands diagonally up toward the left side, counting 4. Bend knees and swing hands down toward the left then in front, counting 5,6. Straighten knees and swing hands up toward the right side then above head, counting 1. Bend knees and continue to circle hands down toward the left side then in front, counting 2,3. Straighten knees and swing hands diagonally up toward the right side counting 4. Bend knees and swing hands down toward the right then in front, counting 5,6. Straighten knees and swing hands up toward the left side then above head, counting 1. Bend knees and continue to circle hands down toward the right side then in front, counting 2,3. Straighten knees and swing hands diagonally up toward the left side, counting 4. Bend knees and swing hands down toward the left then in front, counting 5,6. Straighten knees and swing hands up toward the right then above head, counting 1. Bend knees and continue to circle hands down toward the left side then in front, counting

2,3. Straighten knees and swing hands diagonally up toward the right side, counting 4. Bend knees and swing hands down toward the right then in front, counting 5,6.

5. Straighten knees and raise hands shoulder high toward the sides then above head with palms toward the audience, counting 1,2,3. Leading with the left shoulder, sway body toward the left with elbows straight, arms parallel to one another, wrists and fingers relaxed and swaying toward the left, counting 4,5,6. With arms in same position and leading with the right shoulder, sway body and hands toward the right, lowering hands slightly toward the front, counting 1,2,3. Leading with the left shoulder, sway body and hands toward the left, lowering hands slightly more in front, counting 4,5,6. Continue to sway the body and hands to the right then to the left, lowering hands gradually in front with each sway, counting to 6 six more times.

6. Straighten up, raise hands diagonally forward toward the sides and point left toe diagonally forward toward the left, counting 1,2. Bend knees and raise left toe up, counting 3. Carefully jump left foot diagonally forward toward the left, counting 4. Turn and step right foot beside left foot to face the left side of stage and pretend to regain balance, counting 5,6. Hands remain diagonally forward toward the sides with elbows bent. Point left toe diagonally forward toward the left, counting 1,2. Bend knees and raise left toe up, counting 3. Carefully jump left foot diagonally forward toward the left, counting 4. Turn and step right foot beside left foot to face the back of stage and pretend to regain balance, counting 5,6. Repeat this step to face the right side of stage then to face the audience, counting to 6 two more times.

7. Swing hands diagonally up toward right side, counting 1,2,3. Bend knees, lowering hands with palms turned toward the right side as if petting something, counting

4,5,6. Swing hands in front of body then diagonally up toward the left side and straighten the knees, counting 1,2,3. Bend knees, lowering hands with palms turned toward the left side as if petting something, counting 4,5,6. Swing hands in front of body then diagonally up toward the right and straighten knees to repeat this entire step, counting to 6 two more times.

8. Straighten knees and extend hands diagonally forward with elbows slightly bent, quickly counting "and." Keep hands in this position throughout this step. Bend left knee and raise left foot beside right knee, counting 1. Bend right knee, look and point left toe toward left side, counting 2. Hold this pose, counting 3. Straighten right knee and raise left foot beside right knee, counting 4. Lower left foot beside right foot, not putting any weight on it, counting 5. Hold this pose, counting 6. Bend right knee and raise left foot beside right knee, counting 1. Straighten right knee and carefully step left foot toward the left side, counting 2,3. Bend right knee raising right foot up high, counting 4. Step right foot beside left foot, turning to face the left side of stage, counting 5,6. Raise left foot beside right knee and repeat this step, turning to face the back of stage, counting to 6 two times. Bending forward at the waist, twist the body toward the left and look toward the audience, counting 1,2. Straighten up and face the back of stage, counting 3,4. Bending forward at the waist, twist the body toward the right and look toward the audience, counting 5,6. Straighten up and face the back of stage, counting 7,8. Raise left foot up beside right knee and repeat the first part of this step and face the right side of the stage, counting to 6 twice. Raise left foot up beside right knee and repeat this step to face the audience, counting to 6 twice.

9. Right hand diagonally forward toward the right with elbow slightly bent, raise left hand forward then above head, pointing left toe forward, counting 1,2,3. Touch left foot

beside right foot not putting any weight on it and lower hands to sides, counting 4,5,6. Right hand down to side, point left toe toward the left side and raise left hand shoulder high toward the left side, counting 1,2,3. Touch left foot beside right foot and lower left hand to side, counting 4,5,6. Point left toe back and raise left hand diagonally back toward the left, counting 1,2,3. Touch left foot beside right foot and lower left hand to side, counting 4,5,6. Step left foot diagonally back toward the left and raise left hand diagonally back toward the left, counting 1,2,3. Touch right foot beside left foot not putting any weight on it and lower left hand to side, counting 4,5,6. Point right foot forward and raise right hand shoulder high in front, counting 1,2,3. Touch right foot beside left foot and lower right hand to side, counting 4,5,6. Point right toe toward the right side and raise right hand shoulder high toward the right, counting 1,2,3. Touch right foot beside left foot and lower right hand to side, counting 4,5,6. Point right foot back and raise right hand diagonally back toward the right, counting 1,2,3. Touch right foot beside left foot and lower right hand to side, counting 4,5,6. Step right foot diagonally back toward the right and raise right hand diagonally back toward the right, counting 1,2,3. Touch left foot beside right foot not putting any weight on it and lower right hand to side, counting 4,5,6. Point left toe forward and raise left hand shoulder high toward the front and repeat this step only with the left foot, counting to 8 four more times, putting weight on the right foot on the last counts of 4,5,6.

10. Front line stand still facing the audience and back line swing right foot across the front of left foot and turn to face the back of stage, counting 1. Look and point left foot toward the left side, raising hands shoulder high toward the sides, counting 2,3. Hands remain in this position throughout this step. Touch left foot beside right foot and look forward, counting 4,5,6. Look and step left foot toward the

left side, counting 1,2,3. Step right foot beside left foot and look forward, counting 4,5,6. Look and point left foot toward the left side, counting 1,2,3 then continue doing this step traveling in a large counterclockwise circle, counting 4,5,6 then to 6 five more times.

11. Hands in same position and back still toward the center of the circle, point right toe toward the right side, counting 1. Hold this pose, counting 2,3. Bend left knee and raise right foot up, bending right knee, counting 4,5,6. Jump right foot toward the right side, counting 1,2. Step left foot beside right foot, counting 3. Wiggle around as if trying to regain balance, counting 4,5,6. As if jumping from one cloud to another, look and point right toe toward the right side and repeat this step traveling in a large clockwise circle then off stage, counting to 6 ten more times.

The end.

THE NIGHT RIDER

Columbia Records PG 31588
Percy Faith
Side 4 Band 1
I Will Follow You

Announcement

"Come ride with us while moonlight
Brightens up our way.
We will pick some flowers
Until we're chased away."

During the instruction, stand in two lines toward the back of the stage with feet together, facing diagonally forward toward the right and count to 8. Walk diagonally forward toward the right

with toes down first, stepping on left foot, counting 1,2, right foot, counting 3,4, left foot, counting 5,6 then step right foot beside left foot, counting 7,8. Stand still and raise hands forward then above head, counting to 8. Lower hands forward then down to sides, counting to 8.

1. Bend left knee and point right toe forward, extending right index finger toward the audience with palm up to indicate "you," counting 1,2,3,4. Straighten left knee, sliding right foot back past the left foot, turning knee out and pointing right toe toward the back and point right index finger toward the chest to indicate "I," counting 5,6,7,8. Face audience, stepping right foot beside left foot and lowering hands to sides, counting 1,2. Raise left hand waist high toward the right, turning palm toward the body with fingers together and thumb tucked down in the palm of hand. Hold right index and middle fingers astride left fingers slightly above the knuckles, holding the little fingers bent in palm with the thumb, counting 3,4. Bend knees and lower hands in this position, counting 5. Keeping hands in same position and moving hands slowly from right to left, straighten knees and raise hands, counting "and." Bend knees and lower hands slightly, counting 6. Straighten knees and raise hands slightly, counting "and." Bend knees and lower hands slightly, counting 7. Straighten knees and raise hands slight, counting "and." Bend knees and lower hands slightly, counting 8. Straighten knees and raise hands slightly, counting "and." These actions indicate "ride." Step left foot diagonally back toward the left and extend index fingers toward the audience with palms up, counting 1,2. Slide right foot beside left foot and step on it, beckoning audience by moving indices toward the body to indicate "come," counting 3,4. Step left foot diagonally back toward the left, extending index fingers toward the audience with palms up, counting 5,6. Slide right foot beside left foot and step on it, beckoning audience by moving indices toward the body to indicate "come," counting 7,8.

Bend knees and lean forward, holding the two smaller fingers of the right hand down with the right thumb and placing the tips of the index finger and middle finger just below the right eye with fingers spread in a "V" position and the hand turned in toward the face, counting 1,2. Hold right hand in this position and move it forward, turning palm out, counting 3,4. This indicates "see." Straighten up and place hands up toward the sides of the head with thumbs holding the two small fingers down, palms forward, index and middle fingers up in a "V" position as if to be ears, counting 5,6. Move these fingers back and forth a few times, counting 7,8, indication "horse." Lower left hand and turn palm slanting in with fingers toward the audience and place index and middle fingertips of right hand in the middle of base of palm of left hand, counting 1,2. Like legs, run fingers across the palm toward the fingers to indicate "run," counting 3,4,5,6,7,8.

2. Reach hands up in front as if taking hold of the horn on a saddle, counting 1. Front line face left side of stage and back line face right side of stage, raising left foot up as if placing it in a stirrup, counting 2. Pull hands down toward the left side, swinging right leg up and across toward the right as if mounting a horse, counting 3,4. Pretend to take the reins in both hands, counting 5,6. Lean back slightly and smile at the audience, counting 7,8. Ride in a large counterclockwise circle by lowering hands slightly, stepping left foot forward and bending left knee, counting 1. Raise hands up and step ball of right foot beside left foot, keeping right knee bent, counting 2. Step left foot forward bending left knee and lowering hands, counting 3. Raise hands up and step ball of right foot beside left foot keeping right knee bent, counting 4. Continue doing this riding step, counting 5,6,7,8 then to 8 again. Lower right heel and step left foot beside right foot with feet apart, counting 1,2,3,4. Lean back and pull back on the reins, counting 5,6,7,8. Take reins in left hand, place right hand above the

eyes and look toward the right, counting 1,2,3,4 then look toward the left, counting 5,6,7,8. Take hold of saddlehorn with right hand, counting 1,2,3,4. Raise up and put weight on left foot, counting 5,6. Swing right foot back then across as if dismounting from a horse, counting 7,8. Turn slightly toward the right and step right foot behind left foot, bending right knee and raising hands up, counting 1,2. Step left foot beside right foot and straighten knees, counting 3,4. Pretend to loop reins around a saddlehorn with right hand, counting 5,6,7,8. Turn to face the audience and step right foot toward the right side, counting 1,2. Slide left foot across in front of right foot and step on it, counting 3,4. Step right foot toward right side, counting 5,6. Step left foot beside right foot, counting 7,8. Hands waist high diagonally forward toward the sides with elbows bent, twist body and look toward the right, counting 1,2,3,4 then twist body and look forward the left, counting 5,6,7,8.

3. Face the audience and step right foot diagonally forward toward the right bending right knee, lean toward the right keeping ball of left foot on the floor, counting 1,2. Bend knees and stretch right hand out toward the floor, pretending to pick a flower, counting 3,4. Hold this pose, raising the flower up under the nose and inhale deeply, counting 5,6. Straighten up and step left foot beside right foot, moving palm of right hand slightly up to nose several times to indcate "smell," counting 7,8 Close three smallest fingers and hold index finger of right hand against thumb at right side under nose. Pass hand from right to left side to indicate "flower," counting 1,2. Place flower in left hand, counting 3,4. With fingers slightly apart, pat the chest with palm of right hand three times to indicate "glad," counting 5,6,7,8. Repeat entire step.

4. Feet together, hold flowers diagonally down toward the left and extend right hand diagonally down toward the right,

looking toward right hand, counting 1,2. With the eyes following it, raise right hand waist high toward the right side, counting 3,4. Circle right hand forward then toward the left and bend elbow slightly, counting 5,6,7,8. Bend knees and reach right hand toward the floor diagonally forward toward the left, counting 1 2. Pick a flower, counting 3,4. Place flower in left hand, counting 5,6. Reach forward and pick a flower, counting 1,2. Pick another flower close to right foot, counting 3,4. Place flowers in left hand, counting 5,6. Straighten up, counting 7,8. Take hold of flowers with both hands, counting 1,2. Bend elbows holding flowers close to the chest, counting 3,4. Hold this position and twist body to the right, to the left, to the right then face forward, counting 5,6,7,8. Hold this pose turning head quickly toward the right, counting 1,2. Look and lean toward the right and frown, counting 3,4. Straighten up and look foward, repeatedly striking right index finger against left index finger that keeps rising, to indicate "can't," counting 5,6,7,8.

5. Step left foot diagonally back toward the left keeping right foot in place with toe pointed, placing palms of hands toward one another at chin level, counting 1,2,3,4. Step left foot beside right foot, turning palms out toward the audience then lower them gently with left hand slightly lower than right hand until palms are down in front to indicate "calm," counting 5,6,7,8. Look toward the left then the right, counting 1,2. Face the audience and place right index finger up to rounded lips in the usual manner to indicate "hush," counting 3,4. Point indices down in front of body, counting 5. Hands about four inches apart, move both forward at the same time to indicate "go," counting 6,7,8. Step right foot beside left foot and reach up to take hold of the saddlehorn with right hand, counting 1,2. Raise left knee and pretend to step left foot in a stirrup, raising left hand beside right hand, counting 3. Stepping down on left foot and lowering hands, swing right foot up and across to the

right as if swinging it over the back of a horse, lower hands and face the left side of stage, counting 4. Place flowers in right hand and take reins in left hand, counting 5. Smell the flowers, counting 6. Look and smile at the audience, counting 7,8. Look forward toward the left side of stage and step left foot forward bending left knee, counting 1. Step ball of right foot beside left foot keeping right knee bent and raising body up slightly, counting "and." Step left foot forward bending left knee, counting 2. Step ball of right foot beside left foot keeping right knee bent and raising body up slightly, counting "and." Step left foot forward bending left knee and continue doing this fast riding step off stage until the music ends. The last two people to exit ride in a small circle to the left then off stage on the final counts of the music, smiling at the audience and waving the flowers above head as if waving a flag to indicate "exultation."

The end.

FLIRTATION

Dunhill Records DSX-50153/2
20 Golden Hits Of The 60's
Side D Band 3
Up, Up & Away

Announcement

Girls teasing boys is quite a game
And this is how it's done.
Boys never seem to be the same,
When they think they've won.

This routine is done with two parts. The following are the instructions for the girls.

During the introduction, stand off stage on the left side and count to 8 four times.

1. Left hand on hip, right hand holding an open fan, swagger on stage, fanning in an elegant manner, stepping left foot forward, counting 1,2 then right foot forward, counting 3,4. Continue walking and fanning, counting 5,6,7,8 then to 8 two more times. Head held high, face diagonally forward toward the right, placing ball of left foot beside right foot with left knee bent and right knee straight, counting 1. Fan more slowly and straighten left knee, counting "and." Bend left knee in toward right knee, counting 2. Still fanning, continue doing these knee actions, counting "and," 3, "and," 4, "and," 5, "and," 6, "and," 7, "and," 8.

2. As the boys come on stage, continue the same knee actions and fanning as if they haven't been noticed, counting to 8 four times. Stand still, quit fanning and cover lower part of face with the open fan, counting 1,2,3,4. Open eyes wide lean forward from the waist with fan still covering the lower part of face, counting 5,6,7,8. Hold this pose turning body toward the left side, counting 1,2,3,4. Raise head up higher and look at the boys, counting 5,6. Jerk back and straighten up, counting 7,8. Repeat the knee bending and straightening action, fanning more rapidly with head held high toward the right, counting to 8 twice.

3. Place left hand on hip and repeat the walking step in step 1, walking in an individual counterclockwise circle, swinging the hips more, fanning and eyeing the boys, counting to 8 four times. Turn and walk with the same actions in an individual clockwise circle, counting to 8 four times.

4. Facing diagonally forward toward the right with head held high as if not interested in the boys, repeat bending and straightening the left knee and fanning in the same manner as in the first part of step 2, counting to 8 four times.

5. Hold left knee in bent position and slowly stop fanning, counting 1,2,3,4. Look toward the audience over the top part of fan, counting 5,6,7,8. Open eyes wide, bending from the waist toward the audience, counting 1,2,3,4.

Twist body and look toward the boys, counting to 5,6,7,8. Hold this pose and continue to stare at the boys, counting to 8. Quickly straighten up and slap fan closed against the palm of left hand, facing the audience, counting 1,2,3,4. Sharply turn nose up in the air toward the right, counting 5,6,7,8.

6. Looking peppy with closed fan in right hand, bend elbows raising hands waist high diagonally forward toward the sides and give a sharp kick forward against the floor with the left foot, counting 1. Bend left knee and step ball of left foot beside right foot, keeping left knee bent and swinging hips slightly toward the left, quickly counting "and." Turning to face the right side of stage, step right foot beside left foot, counting 2. Straighten left knee and tap left toe in front of right foot, counting 3. Step left foot beside right foot, counting 4. Give a sharp kick forward against the floor with the right foot, counting 5. Bend right knee and step ball of right foot beside left foot, keeping right knee bent and swinging hips slightly toward the right, quickly counting "and." Still facing right side of stage, step left foot beside right foot, counting 6. Straighten right knee and tap right toe in front of left foot, counting 7. Step right foot beside left foot, counting 8. Turning to face the back of stage, repeat entire step, counting to 8. Turning to face the left side of stage, repeat entire step, counting to 8. Turning to face the audience, repeat entire step, counting to 8.

7 Repeat the first part of step 2, looking diagonally forward toward the right during the first two counts to 8. Glance toward the boys, continuing the knee and fan actions, counting the next 1,2,3,4 then straighten up and look diagonally forward toward the right, counting 5,6,7,8. Lean and look harder toward the boys on the fourth count of 1,2,3,4. Straighten up and look toward the audience, counting 5,6,7,8.

8. Close the fan against the left hand and lower hands to sides, counting 1,2,3,4. Turn head and look at the boy standing to the left, counting 5,6,7,8. Smile and shake head "yes," counting 1,2,3,4. Take hold of his right arm with the left arm, counting 5,6,7,8. Turning to face the left side of stage, step left foot forward, counting 1,2. Walk forward with right foot, counting 3,4, left foot, counting 5,6 then right foot, counting 7,8. Smile and pretend to carry on a conversation with partner, walking toward left side, counting to 8 four more times. Continue to walk off stage, but the last two couples walk in a small circle toward the left then the girls smile and wink one eye at the audience, walking off stage, counting to 8 three times.

The end.

"Flirtation" dance instructions for the boys.

During the introduction, wait off stage toward the back on the left side and count to 8 four times.

1. Still waiting off stage, count to 8 four more times.

2. With left thumb tucked in at the waist of trousers, left elbow turned out toward the side, twirling a long key chain with the right hand, taking very small steps, walk on stage keeping the group back toward the left side of stage, stepping left foot diagonally forward toward the left with both knees straight, counting 1. Raise right foot up and bend knees out toward the sides, counting 2. Straighten knees and step right foot diagonally forward toward the right, counting 3. Raise left foot up and bend knees out toward the sides, counting 4. Continue twirling the key chain and walking in the same manner, counting 5,6,7,8 then to 8 again. Repeat this step walking in a small individual circle to the left, counting to 8 two more times to end up in a close

group back toward the left side of stage. Step left foot next to right foot with left thumb still tucked in at the waist and right hand twirling the key chain, counting 1,2. Raise heels up and bend knees out toward the sides, counting 3,4. Lower heels and straighten knees, counting 5,6. Raise heels up and bend knees out toward the sides, counting 7,8. Continue these actions, counting to 8 two more times. Lower heels, straighten knees, remove thumb from waist of trousers, catch the keys in the right hand and put them in the trouser pocket with chain dangling down from where it is fastened, counting 1,2,3,4. Glance toward the girls, counting 5,6. Look toward the audience, counting 7,8. Practice the knee bending actions so they can be done with only the lower part of the body.

3. Smiling in show-off manner, hold left hand shoulder high toward the left side, arch fingers of right hand, holding them on the tummy slightly above the waist with bent elbow out toward the right and keep hands in this position while doing the following. Tap ball of left foot beside right foot, counting 1. Turn toward the left and step left foot toward the left, counting 2. Still turning toward the left, tap ball of right foot beside left foot, counting 3. Quickly step ball of right foot beside left foot keeping knees bent, counting "and." Turn to face the left side of stage, stepping left foot in place, counting 4. Still facing the left side of stage, tap ball of right foot beside left foot, counting 5. Step right foot beside left foot, counting 6. Tap ball of left foot beside right foot, counting 7. Quickly step ball of left foot beside right foot keeping knees bent, counting "and." Step right foot beside left foot, counting 8. Repeat entire step to face the back of stage, counting to 8. Repeat this step to face the right side of stage, counting to 8. Repeat this step to face the audience, counting to 8, but only tap the ball of right foot beside left foot on the last count. Raise right hand shoulder high toward the right side, arch fingers of left hand, holding them on the tummy slightly above the waist

with bent elbow out toward the left and keep hands in this position while doing the following. Tap ball of right foot beside left foot, counting 1. Turn toward the right and step right foot toward the right, counting 2. Still turning toward the right, tap ball of left foot beside right foot, counting 3. Quickly step ball of left foot beside right foot keeping knees bent, counting "and." Turn to face the right side of stage, stepping right foot in place, counting 4. Still facing the right side of stage, tap ball of left foot beside left foot, counting 5. Step left foot beside right foot, counting 6. Tap ball of right foot beside left foot, counting 7. Quickly step ball of right foot beside left foot keeping knees bent, counting "and." Step left foot beside right foot, counting 8. Repeat entire step to face the back of stage, counting to 8. Repeat this step to face the left side of stage, counting to 8.

4. Step right foot beside left foot and lower hands to sides, counting 1,2. Quickly turn head toward the girls then open the mouth and eyes in a surprised manner, counting 3,4,5,6,7,8. Frown disgustedly and face the audience, counting 1,2. Take the keys out of pocket and hold key chain in right hand, tucking left thumb in waist of trousers, counting 3,4,5,6,7,8. Twirl key chain, counting to 8. Continue twirling key chain, raising and lowering heels in the same manner as in the last part of step 2, looking toward the girls, counting to 8.

5. Stop all action. Allow key chain to dangle in right hand and lean back looking shocked, counting to 8. Bend forward at the waist toward the girls with mouth and eyes opened wide then just stare at the girls, counting to 8. Still staring at the girls, straighted up and scratch head with left hand, counting to 8. Look puzzled, putting keys in pocket, counting to 8.

6. Raise and lower heels in the same manner as in the last part of step 2, but on the first count to 8, place left hand on right elbow and right index finger at right side of mouth, looking

at the girls. During the second count to 8, pretend to take a comb out of shirt or back trouser pocket. During the third count to 8, pretend to comb hair. During the fourth count to 8, pretend to put comb back in pocket, brush right shoulder twice with left hand then brush left shoulder twice with right hand.

7. Tuck both thumbs in waist of trousers toward the sides and walk toward the girls in the same knee bending manner as in the first part of step 2, starting with the left foot and counting to 8. Continue to walk in the same manner, but nervously turn toward the left and walk toward the back of stage, counting to 8. Turn toward the left and walk toward the girls, counting to 8. Take a deep breath and walk in the same manner beside a partner, counting to 8.

8. Step left foot beside right foot and in a shy manner, extend right index finger toward the partner, counting 1,2,3,4. Bending right elbow shoulder high toward the side, point right index finger toward chest, counting 5,6,7,8. Look pleased and smile as partner shakes her head "yes," counting 1,2,3,4. Keep smiling, extend right elbow diagonally forward toward the right for partner to take hold of right arm, turning to face the left side of stage and stepping right foot diagonally back, counting 5,6,7,8. Taking two counts for each step, walk toward the left side of stage with partner holding right arm, counting to 8. Smile and pretend to carry on a conversation with partner, starting to walk off stage, counting to 8 four more times. Continue to walk off stage, but the last two couples walk in a small circle to the left then walk off stage with partner, counting to 8 three more times.

The end.

THE DANCING ROBOT

London Records SP 44175
The Return Of James Bond
Side 1 Band 5
Mission Impossible Theme

Announcement

"Robots could do everything,
If they had the chance.
Even though they move quite slow,
They can really dance."

Before starting this routine, listen to the music in order to work out the counts. This song has an odd beat from 1 through 5. After the actions have been learned by the children, the instructions can be given verbally while being done, instead of counting. Eventually, the music will practically tell when to change position and what movements to do.

During the introduction, stand on stage in two lines, facing the audience with feet together and hands down to the sides, counting to 5 twice. Turn head toward the left, counting 1. Hold this pose, counting 2,3,4,5. Turn head forward, counting 1. Hold this pose, counting 2,3,4,5. Turn head toward the right, counting 1. Hold this pose, counting 2,3,4,5. Turn head forward, counting 1. Hold this pose, counting 2,3,4,5. Bend elbows pointing hands straight forward with palms turned in and fingers together, counting 1. Hold this pose, counting 2,3,4,5. Straighten elbows lowering hands to sides, counting 1. Hold this pose, counting 2,3,4,5. Throughout the routine, keep fingers together.

1. With elbows straight, raise hands shoulder high toward the sides, counting 1. Hold this pose, counting 2,3,4,5. Elbows straight, turn palms in and raise hands above head,

counting 1. Hold this pose, counting 2,3,4,5. Hands in same position, turn the body and lunge left foot forward toward the left side of stage with left knee bent and right knee straight, counting 1. Hold this pose, counting 2,3,4,5. Elbows straight, swing left hand down in front, past the body and diagonally down in back, lowering right hand diagonally up toward the front, counting 1. Hold this pose, counting 2,3,4,5. Keep body in same position with elbows straight. Swing right hand down in front, past the body and diagonally down toward the back, swinging left hand forward and diagonally up in front, counting 1. Hold this pose, counting 2,3,4,5. Scissor hands, swinging left hand down in front and diagonally down toward the back and swinging right hand forward and diagonally up in front, counting 1. Hold this pose, counting 2,3,4,5. Shift weight onto left foot, turn to face the audience and step right foot beside left foot, raising hands up in front and above head, counting 1. Hold this pose, counting 2,3,4,5. Lower hands out toward the sides then down, counting 1. Hold this pose, counting 2,3,4,5.

2. With elbows straight, raise hands shoulder high toward the sides, counting 1. Hold this pose, counting 2,3,4,5. Elbows straight, turn palms in and raise hands above head, counting 1. Hold this pose, counting 2,3,4,5. Hands in same position, turn the body and lunge right foot forward toward the right side of stage with right knee bent and left knee straight, counting 1. Hold this pose, counting 2,3,4,5. Elbows straight, swing right hand down in front, past the body and diagonally down in back, lowering left hand diagonally up in front, counting 1. Hold this pose, counting 2,3,4,5. Keep body in same position with elbows straight. Swing left hand down in front, past the body and diagonally down toward the back, swinging right hand forward and diagonally up in front, counting 1. Hold this pose, counting 2,3,4,5. Scissor hands, swinging right hand down in front and diagonally down toward the back and swinging

left hand forward and diagonally up in front, counting 1. Hold this pose, counting 2,3,4,5. Shift weight onto right foot, turn to face the audience and step left foot beside right foot, raising hands up in front and above head, counting 1. Hold this pose, counting 2,3,4,5. Front line turn to face the left side of stage and back line turn to face the right side of stage, stepping on left foot, counting 1. Step right foot beside left foot and lower hands in front then down to sides, counting 2,3. Hold this pose, counting 4,5.

3. Keeping elbows straight and palms turned in toward the body, raise the right foot up beside the right knee, toes pointed down, swinging left hand shoulder high in front and right hand shoulder high in back, counting 1. Hold this pose, counting 2,3. Step right foot slightly forward, lowering hands to sides, counting 4. Keep hands at sides, stepping left foot forward, counting 5. Traveling in a large counterclockwise circle, repeat this step, counting to 5 eleven more times, but on the last counts of 4,5, turn and step the right foot to face the audience then step the left foot slightly toward the left of right foot.

4. Hands down to sides, stand still, counting 1,2,3. Hands in same position, raise heels, counting 4. Lower heels, counting 5. Hold this pose, counting 1,2,3. Raise heels, counting 4. Lower heels, counting 5. Raise hands shoulder high toward the sides, counting 1. Hold this pose, counting 2,3. Raise heels, counting 4. Lower heels, counting 5. Hold this pose, counting 1,2,3. Raise heels, counting 4. Lower heels, counting 5. Raise hands diagonally up toward the sides with palms still down, counting 1. Hold this pose, counting 2,3. Raise heels up, counting 4. Lower heels, counting 5. Hold this pose, counting 1,2,3. Raise heels, counting 4. Lower heels, counting 5. Raise hands above head turning palms in, counting 1. Hold this pose, counting 2,3. Raise heels, counting 4. Lower heels, counting 5. Hold this pose, counting 1,2,3. Raise heels, counting 4. Lower heels, counting 5.

Lower hands shoulder high toward the sides, turning palms down, counting 1. Hold this pose, counting 2,3. Raise heels, counting 4. Lower heels, counting 5. Hold this pose, counting 1,2,3. Raise heels, counting 4. Lower heels, counting 5. Lower hands to sides, counting 1. Hold this pose, counting 2,3. Raise heels, counting 4. Lower heels, counting 5. Hold this pose, counting 1,2,3. Raise heels, counting 4. Lower heels, counting 5.

5. Raise left hand shoulder high toward the left side, counting 1. Hold this pose, counting 2,3,4,5. Raise right hand shoulder high toward the right side, counting 1. Hold this pose, counting 2,3,4,5. Raise left hand above head, turning palm in, counting 1. Hold this pose, counting 2,3,4,5. Raise right hand above head, turning palm in, counting 1. Hold this pose, counting 2,3,4,5. Lower left hand shoulder high toward the left side, counting 1. Hold this pose, counting 2,3,4,5. Lower right hand shoulder high toward the right side, counting 1. Hold this pose, counting 2,3,4,5. Lower left hand to side, counting 1. Hold this pose, counting 2,3,4,5. Lower right hand to side, counting 1. Hold this pose, counting 2,3,4,5.

6. Hands down to sides, front half of circle turn toward the left and back half of circle turn toward the right, stepping left foot forward with knees straight and keeping ball of right foot on the floor, counting 1. Hold this pose and bend right elbow to point right hand straight forward with palm in, counting 2. Lower right hand to side, counting 3. Bend left elbow to point left hand straight forward with palm in, counting 4. Lower left hand to side, counting 5. Step right foot forward with knees straight and keeping ball of left foot on the floor, counting 1. Hold this pose and bend left elbow to point left hand straight forward with palm in, counting 2. Lower left hand to side, counting 3. Bend right elbow to point right hand straight forward with palm in, counting 4. Lower right hand to side, counting 5. Traveling

in a large counterclockwise circle, repeat this step, counting to 5 ten more times. With both feet on the floor, make a half turn toward the left and shift weight onto left foot, keeping the ball of right foot on the floor to repeat this entire step, traveling in a large clockwise circle, counting to 5 twelve times.

7. Turn back toward the center of circle, stepping left foot toward the left side with hands down to sides, counting 1. Hold this pose, counting 2. Step right foot beside left foot, counting 3. Hold this pose, counting 4,5. Hold this pose, bending elbows to point hands forward with palms in, counting 1. Hold this pose, counting 2. Lower hands to sides, counting 3. Hold this pose, counting 4,5. Bend left elbow, pointing left hand forward, counting 1. Hold this pose, counting 2. Bend right elbow, pointing right hand forward, counting 3. Hold this pose, counting 4,5. Lower left hand to side, counting 1. Hold this pose, counting 2. Lower right hand to side, counting 3. Hold this pose, counting 4,5. Elbows straight, raise left hand shoulder high in front with palm in, counting 1. Hold this pose, counting 2. Raise right hand shoulder high in front with palm in, counting 3. Hold this pose, counting 4,5. Palms still turned in, raise left hand above head, counting 1. Hold this pose, counting 2. Raise right hand above head, counting 3. Hold this pose, counting 4,5. Lower left hand shoulder high in front with palm in, counting 1. Hold this pose, counting 2. Lower right hand shoulder high in front with palm in, counting 3. Hold this pose, counting 4,5. Lower left hand to side, counting 1. Hold this pose, counting 2. Lower right hand to side, counting 3. Hold this pose, counting 4,5. Raise left hand shoulder high toward the left with palm down, counting 1. Hold this pose, counting 2. Raise right hand shoulder high toward the right side, counting 3. Hold this pose, counting 4,5. Raise left hand above head with palm in, counting 1. Hold this pose, counting 2. Raise right hand above head with palm in, counting 3. Hold this pose,

counting 4,5. Lower left hand shoulder high toward left side with palm down, counting 1. Hold this pose, counting 2. Lower right hand shoulder high toward right side with palm down, counting 3. Hold this pose, counting 4,5. Lower left hand to side, counting 1. Hold this pose, counting 2. Lower right hand to side, counting 3. Hold pose, counting 4,5.

8. Backs still toward center of circle, step left foot toward left side, raising hands shoulder high toward the sides with elbows straight and palms turned toward the back, counting 1. Hold this pose, counting 2,3. Step right foot diagonally across in front of left foot with knees straight, keeping elbows straight and palms toward the back, swinging hands down to cross right hand in front of left hand so right fingers point diagonally down toward the left and left fingers point diagonally down toward the right, bending body slightly forward at the waist, counting 4,5. Step left foot toward left side and straighten body up, swinging hands up shoulder high toward the sides with palms turned toward the back to travel in a large counterclockwise circle repeating this step and counting to 5 fifteen more times.

9. Turn toward the left with hands down to sides and step left foot forward and repeat step 6.

10. Facing in a clockwise circle, repeat step 5.

11. With hands down to sides, turn back toward the center of circle, stepping left foot toward the left side, counting 1. Hold this pose, counting 2,3. Step right foot beside left foot, counting 4,5. Step left foot toward left side, turning head toward the left, raising left hand shoulder high toward the left and swinging right hand forward then above head with palm in, counting 1. Keep hands in this position throughout this step. Step right foot beside left foot and

turn head forward, counting 2. Hold this pose, counting 3. Kick left foot slightly up from the floor with knee straight and toe pointed, counting 4. Lower left foot beside right foot, counting to 5. Traveling in a large counterclockwise circle, continue doing these actions, counting to 5 eleven more times.

12. Knees straight, turn toward the left and slide left foot forward, lowering left hand to left side and bending right elbow to point right hand straight forward from the waist, counting 1. Hold this pose, counting 2. Knees straight, slide right foot forward, lowering right hand to right side and bending left elbow to point left hand straight forward from the waist, counting 3. Hold this pose, counting 4,5. Continue these actions, counting to 5 four more times. With the same foot movements, keep elbows straight, swinging right hand diagonally down in front and left hand diagonally down in back, counting 1. Hold this pose, counting 2. Swing left hand diagonally down in front and right hand diagonally down in back, counting 3. Hold this pose, counting 4,5. Continue these actions, counting to 5 three more times. Traveling off stage, jump left foot forward and right foot back, swinging right hand diagonally down in front and left hand diagonally down in back, counting 1. Hold this pose, counting 2. Jump and scissor right foot forward and left foot back, traveling forward scissoring left hand diagonally down in front and right hand diagonally down in back, counting 3. Hold this pose, counting 4,5. Continue these actions, counting to 5 eight more times.

The end.

SONG IN MOTION

London FFRR Stereo OS 29520
Songs America Loves
Side 2 Band 2
Trees

Announcement

"With imagination,
You can really see
There is nothing that compares
With a lovely tree."

Kneel in two lines on stage. Bend forward to be curled up in a ball with forehead almost touching the floor, the back part of arms and hands on the floor pointing toward the back with elbows straight and fingers together. The curtain goes up as the music starts.

During the introduction, hold the pose, counting 1,2,3,4. Straighten body up, staying on knees with hands down to the sides, counting 5,6,7,8. Place left foot diagonally forward toward the left, counting 1,2,3,4. Stand up, counting 5,6,7,8. Step right foot beside left foot and hold this pose, facing diagonally forward toward the left with head held high and hands down to sides, counting only to 5.

1. Step left foot diagonally back toward the right and bend left knee, pointing right toe in place with knee straight, raising hands in toward the chest, indicating "I," along with the words of the song, "I think that I." Holding hands in same position, turn upper part of body and the head toward the right then the left, along with the words, "shall never." Place the index fingers and thumbs close to the corners of the eyes with palms turned forward, holding elbows

high to the sides. Keeping feet in same position, bend forward at the waist and take a swooping look to the right then the left, along with the word, "see."

2. Straighten up, step right foot beside left foot and hold this position, raising hands close together in front with fingers closed and palms up as if an open book, along with the words, "a poem." Step left foot diagonally forward toward the left, not taking right foot from the floor. Lower hands in front turning palms toward one another. Straighten elbows and raise hands up in front as high as possible, indicating the trunk of a tree. Looking up toward the hands, circle then lower hands toward the sides, indicating the leaves on a tree, shifting weight back on the right foot and pointing left toe in place with left knee straight and right knee slightly bent, along with the words, "lovely as a tree."

3. Step left foot forward then step right foot beside left foot. With elbows straight, raise hands up in front quickly with palms toward one another then circle them out and down to the sides, along with the words, "A tree." Continue to circle the hands, bending elbows and raising palms up toward the mouth with fingers cupped, along with the words, "whose hungry mouth." Turn palms of hands in and slowly lower them diagonally forward, holding them parallel to the floor with elbows straight, bending knees, along with the words, "is pressed." Hold this hand position, shift weight to left foot and keeping knees slightly bent out toward the sides, walk slowly in a small individual circle toward the right, stepping right toes down first, then left, then right, then left foot, along with the words, "against the earth's sweet flowing breast."

4. Step right foot diagonally forward toward the right, keeping left foot in place on floor with knees straight. With elbows straight, raise hands up in front, palms close to one

another then circle them out towad the sides and down, along with the words, "A tree." Step left foot beside right foot, extending hands diagonally down toward the back and raising head up very high and look upward. Hold this pose, along with the words, "that looks at God all day." Bend knees slightly, raising hands out toward the sides then above head, along with the words, "and lifts her leafy arms." Bend elbows and place palms together with fingers closed and pointing up, still looking upward and hold this pose, along with the words, "to pray."

5. Straighten knees and lower hands out to the sides then down. Step left foot diagonally forward toward the left, keeping ball of right foot on the floor, quickly raising hands up in front with elbows straight. Hold left hand diagonally up toward the left and circle right hand out toward right side and down, along with the words, "A tree." Hold left hand position and continue to circle right hand up in front and hold it diagonally up toward the right, along with the words, "that may in summer." With elbows straight and wrists relaxed, leading with back of wrists, swing hands down in front and diagonally down toward the back, shifting weight on right foot, bending the right knee and pointing left toe in place with knee straight, along with the words, "wear." Holding this position, straighten and bend the right knee three times, raising and lowering hands toward the sides as if the wings of a bird flying, along with the words, "a nest of robbins." Step left foot beside right foot then bend knees, twisting the body toward the right and raising hands out toward the sides then toward the head, pausing with elbows out toward the sides and fingers rouching the hair above the ears, along with the words,"in her hair."

6. Straighten knees and step left foot diagonally forward the left. Quickly step right foot beside left foot and with elbows straight, circle hands out toward the sides, down then up in

front toward the chest then bend the elbows, along with the words, "Upon whose bosom." Turn palms of hands up with fingers toward the front, straighten the elbows, extend hands forward then down, turning wrists so palms are parallel to the floor and bend the knees, along with the words, "snow has lain." Keeping the knees bent and turned out toward the sides, step toes first and walk in a small individual circle toward the right, stepping right foot and raising left hand up in front with elbow straight and fingertips and thumb close together, right hand down in front with elbow straight, fingertips and thumb together. Step left foot forward, raising right hand up in front and lowering left hand in front with fingertips and thumbs still together. Repeat these walking steps with the same hand movements to complete the circle and face the audience. Step right foot beside left foot and straighten the knees, lowering hands to sides, along with the words, "Who intimately lives with rain."

7. Step right foot diagonally forward toward the left then quickly step left foot beside right foot, raising hands palms up in front as if an open book, along with the word, "Poems." Step right foot diagonally back toward the right and bend right knee, point left toe in place with knee straight, holding left hand in place. Holding this pose, swing right hand down in front, circling it out toward the right side then in front toward the left hand. As if holding a pen, pretend to write on left hand with exaggerated movements, along with the words, "are made." Feet in the same position, raise hands up to the sides of the head with elbows out toward the sides and sway the body and head to the right then to the left, along with the words, "by fools." Straighten knees, stepping left foot beside right foot and circling hands out toward the sides, down then up toward the chest, bending the elbows, along with the words, "like me."

8. Take an extra large step forward with the left foot, lower hands to sides then diagonally down toward the back. Step right foot beside left foot and raise head high with very strong movement. Hold this pose, along with the words, "But only God." Step left foot back bending knee, point right toe in place with knee straight, lowering hands out toward the sides and circling them down then up in front and above head with elbows straight. Continue to circle the hands out toward the sides then down to cross right wrist on top of left wrist, bending forward at the waist so hands are almost touching the right ankle and lower the head, along with the words, "can make a tree."

The end.

6

WORKING WITH THE BLIND

Blind people see not with their eyes, but with their hands, ears and intuition. That is why most of the first session of working with blind children should be spent just getting acquainted. Allow the children to ask questions then possibly feel the shape of your face and hands. Tell them who you are, why you are going to work with them, what you hope to teach, what you want to accomplish and when you will return. Then allow them to ask more questions. Always answer them honestly and to the best of your ability.

If you are to teach the childen in unfamiliar surroundings, explain about everything in the room. Allow them to walk around with you one by one, feeling exactly where things are. This will help them feel secure.

Talk normally to the children. Use the words "look" and "see" while working with them. This is really accepted and expected by all blind people, so don't hestitate to use these words.

Words of colors should also be used. Explain that light blue gives the feeling of softness or a gentle breeze. Red looks loud and exciting, maybe even hot. Pink is tender and gentle, etc.

If possible, occasionally make arrangements to take the children and their teachers on a "feeld trip."

These are called "feeld trips" ecause of their nature. With advance permission from store owners or managers, describe various items, then allow the children to carefully handle and feel them. This gives a much greater understanding to the many unseen things that are talked about.

Sled riding in a safe, clear place can also be very educational. Start at the bottom and work your way a little higher up the hill each time you slide down. Work with only one child at a time.

In order to understand the children's position, try going down the hill on a sled with your eyes closed. It's frightening.

Take your time and really get to know the children, so you will be able to really see the progress being made. Give your program a little variety. Once in awhile include different material that coincides with a holiday. Have a party. Put on a show. Have fun while helping them to learn and everyone will enjoy life more.

Try to stress good posture habits and smooth movements with sightless children. It's always fun to start the lessons with a livly march and exercises. This helps to loosen the muscles, gets rid of tense nerves and excitement. Then everyone relaxes better.

All routines should be taught very slowly — only one or two steps every lesson and at first without music. Then repeat the steps with music.

While doing some volunteer work at a children's huspital in Costa Mesa, California, I came in contact with a blind four year old boy who also had other handicaps. The nurses were still feeding him since his capabilities were those of a baby.

I didn't give particular attention to his medical history. All that I had to know was that there was a child who needed help.

Everyone was surprised when that beautiful little boy laughingly responded to my talk and actions with him. I would smile and talk to him the same way that I had talked to my three children when they were little. The only difference was that my children had been blessed with healthy minds and bodies at birth. As far as I was concerned, he was still a child and had feelings.

After the little one got to know me, I would move his thin arms and legs in various directions at the same time I told him what I was doing. Then with him flat on his back in bed, I'd sing little nursery rhymes and make him pat his head with his little hands, wiggle his tiny fingers with his hands in various positions, clap his hands in different directions, move his arms and legs up and down in a marching fashion, bend his knees as though walking, then clap his feet together up in front of his body and get him to feel them with his hands. Sometimes, I would make up silly little stories instead of singing. But no matter what I did, the little tot would smile, squirm with delight, and occasionally laugh out loud. His breathing would quicken with excitement. His sightless but beautiful big blue eyes would reflect much joy.

I suggested that the nurses try to get some volunteers to repeat doing these actions with the child every day and encourage him to move around on his own. In that way, he might eventually learn the feeling of space, become capable of sitting up and eventually try to stand up. They said that they would try, but volunteers were very scarce.

During the three weeks that I was able to be with the children at this particular hospital, I could feel that every one of them needed love and much understanding encouragement, in order to eventually improve their condition. But my personal affairs took me out of that area and I felt sad that I couldn't do more to help them.

Since that time, I have often wondered how life turned out for the little blind boy and others who still fill a little corner of my heart.

EXERCISES

Wonderland Record LP 281B
Alley Cat and Chicken Fat
Side 2 Band 1
The Farmer In The Dell

Announcement

"Exercises can be fun.
We will show you how they're done.
Twisting, turning, swinging hands,
Helps improve the way we stand."

During the introduction, the children stand in line with feet together, hands down at the sides, counting only to 4.

1. Cross left foot in back of right foot and bend both knees slightly with weight on both feet, counting 1,2. Back straight, bend knees outward, raise heels up and sit on floor, counting 3,4,5,6,7,8. Slide feet forward and straighten knees with feet together, counting 1,2. Place hands on the floor out to the sides and lie down, counting 3,4. Keep feet and knees together and bend knees waist high toward ceiling, so the back is flat against the floor, counting 5,6,7,8.

2. Pressing hands and arms against the floor, twist body so knees point toward the left, counting 1,2. Knees and feet together, straighten knees, pointing toes toward the left, counting 3,4. Bend knees, counting 5,6. Raise knees toward the ceiling, counting 7,8. Still pressing hands and arms against the floor, twist body so knees point toward the right, counting 1,2. Knees and feet together, straighten knees, pointing toes toward the right, counting 3,4. Bend knees, counting 5,6. Raise knees toward the ceiling, counting 7,8.

3. Repeat exercise 2.

4. Place hands on shins, raise knees toward chin then thrust feet forward toward the floor, pulling body up to a sitting position, counting 1,2,3,4. Cross right foot in front of left foot and place right hand on floor beside right knee, counting 5,6. Shift weight mostly on right hand then to feet and straighten knees, then step left foot beside right foot, counting 7,8. Step right foot toward right side, keeping left foot on floor, counting 1,2,3,4. Raise hands shoulder high toward the sides, counting 5,6,7,8.

5. Hands in same position, twist body to the left, counting 1,2,3,4. Twist to face forward, counting 5,6,7,8. Hands in same position, twist body to the right, counting 1,2,3,4. Twist to face forward, counting 5,6,7,8.

6. Repeat exercise 5, but jump feet together on the last two counts.

7. (Jumping Jacks) Jump feet apart and swing hands up to sides then clap them above head, counting 1,2,3,4. Jump feet together and lower hands to side, counting 5,6,7,8. Elbows straight, do two more Jumping Jacks with the same counts. Taking only one count to jump feet apart and only one count to jump them together, continue doing Jumping Jacks, counting to 8 three times.

The end.

KEEPING TIME

Disneyland Record 1219
Walt Disney's "Babes In Toyland"
Side 1 Band 1
Mother Goose Village Lemonade

Announcement

"Keeping time by clapping hands,
Helps to make us understand
Things we do most every day
Can be done in different ways."

During the introduction, count to 4 then march on stage and march in place facing the audience, counting to 8 four times. Stand still with feet together, counting to 4.

1. Take two counts for each clap of the hands throughout the routine, except on the last step. Clap hands forward, counting to 8 four times.

2. Clap hands above head, counting to 8 twice. Clap hands forward, counting to 8 twice.

3. Clap hands above head, counting to 8 two times, plus four more counts.

4. Knees straight, bend forward and clap hands toward the floor, counting to 8 two more times, plus four more counts. Straighten up and clap hands forward, counting to 8 two times, plus six more counts.

5. Knees straight, bend forward and clap hands toward the floor, counting to 8 three times. Straighten up and clap hands forward, counting to 8 three times.

6. Twist body and clap hands toward the left, counting to 8 twice. Twist body and clap hands forward, counting to 8 once. Twist body and clap hands toward the right, counting to 8 twice.

7. Quickly twist the body and clap hands toward the left, counting to 8. Quickly twist body and clap hands toward the right, conting to 8. Repeat this step, counting to 8 twice.

8. Face forward and clap hands in front, counting to 8 twice. Clap hands in front, counting 1. Swing hands out toward the sides then clap hands in back, counting 2. Swing hands out toward the sides then clap hands in front, counting 3. Swing hands out to the sides then clap hands in back, counting 4. Continue these actions, counting 5,6,7,8 then to 8 one more time. Clap hands forward, counting to 8.

The end.

THE BIRD MARCH

Sesame Street Records CTW 22084
Bob Sings
Side 2 Band 4
Good Morning Sunshine

Announcement

"If the birds could march in line,
This is how I think we'd find
That they might look, as they step,
Since they are so full of pep."

Before teaching this routine, explain the meaning of the terms used and have the children repeat the actions until they can be done upon command.

Step — Step weight on one foot and raise other foot up immediately. Repeat this from one foot to the other, until the children relax and step smoothly.

Tap — Tap left foot means to tap the ball of the left foot against the floor then raise it up right away, bending the left knee. Do this three times with the left foot then step on left foot, raising right foot up. Tap ball of right foot against the

floor then raise it up immediately, bending right knee. Do this three times then step on right foot, raising left foot up. If necessary, have children hold onto the back of a chair or take turns holding your hands, until they can do these actions maintaining their balance.

Point — In order to point the left foot forward, straighten left knee and tap the left toe forward against the floor then raise it up immediately, bending the right knee slightly. To point the right foot forward, straighten right knee and tap right toe forward against the floor then raise it up immediately, bending the left knee slightly. Repeat these actions until the children are comfortable doing them.

During the introduction, the children march on stage in two lines swinging hands at their sides, counting to 8 four times. Face forward and march in place, counting to 8. Feet together, stand still, counting to 8.

1. Step left foot to left side and raise hands shoulder high toward the sides with elbows straight, counting 1,2. Step right foot beside left foot and lower hands to sides, counting 3,4. Step left foot toward left side and raise hands shoulder high toward the sides with elbows straight, counting 5,6. Step right foot beside left foot and lower hands to sides, counting 7,8. Elbows straight and starting with left foot, march in place and swing hands back and forth, counting to 7. Tap right foot beside left foot, counting 8. Reverse the step by stepping right foot to right side and raise hands shoulder high toward the sides with elbows straight, counting 1,2. Step left foot beside right foot and lower hands to sides, counting 3,4. Step right foot toward right side and raise hands shoulder high toward the sides with elbows straight, counting 5,6. Step left foot beside right foot, counting 7,8. Elbows straight and starting with right foot, march in place and swing hands back and forth, counting to 7. Tap left foot beside right foot, counting 8.

Repeat this entire step. Eventually, these instructions can be given by calling, "Step, together, step, together. March 2,3,4,5,6,7,tap."

2. Bend elbows slightly, raising hands diagonally forward and tap ball of left foot beside right foot seven times, counting to 7. Step left foot beside right foot, counting 8. Hands in same position, tap ball of right foot beside left foot seven times, counting to 7. Step right foot beside left foot, counting 8. Tap left foot beside right foot, counting 1. Step left foot beside right foot, counting 2. Tap right foot beside left foot, counting 3. Step right foot beside left foot, counting 4. Continue doing this tap, step on one foot then the other, counting 5,6,7,8 then to 8 again. Repeat the first part of this step, counting to 8 twice. Tap left foot beside right foot, counting 1. Step left foot beside right foot, counting 2. Tap right foot beside left foot, counting 3. Step right foot beside left foot, counting 4.

3. Making a one-fourth circle to the left, tap left foot forward with left knee straight and right knee bent, swinging both hands forward shoulder high and elbows straight, counting 1. Step left foot beside right foot, swinging hands down to sides, counting 2. Tap right foot forward with right knee straight and left knee bent, swinging hands forward shoulder high and elbows straight, counting 3. Step right foot beside left foot, swinging hands down to sides, counting 4. Continue doing this point, step left then right, counting 5,6,7,8. Making a one-fourth circle to the left, to face the back of stage, continue doing this point, step left then right, with the same hand movements, counting to 8. Making a one-fourth circle to the left, to face the right side of stage, continue doing this point, step left then right, with the same hand movements, counting to 8. Making a one-fourth circle to the left, to face forward, continue doing this point, step left then right, counting to 8. Repeat this entire step, but instead of swinging hands forward shoulder

high, swing them forward and above head, then forward and down at sides.

4. Left foot first, march in place, raising hands out toward sides shoulder high, counting 1,2. Lower hands to sides, counting 3,4. Still marching in place, raise hands diagonally up to the sides, counting 5,6. Lower hands to sides, counting 7,8. Continue the flying motions with hands throughout the rest of this step. March in place facing forward, counting to 8. Continue this flying march in place with front line turning to face the left side and back line turning to face the right side, counting to 8. March in place, counting to 8. March forward, traveling in a large counterclockwise circle then off stage, counting to 8 fourteen times.

The end.

SWAY IN WALTZ TIME

Disneyland Record 1219
Walt Disney's "Babes In Arms"
Side 1 Band 6
Never Mind Bo-Peep

Announcement

"When we turn and swing and sway,
All the world seems right and gay."

During the introduction, stand on stage and count to 6 three times.

1. Hands at sides, step left foot forward, counting 1. Tap ball of right foot beside left foot and swing hands forward, counting 2. Hold position, counting 3. Step right foot back and swing hands down to sides, counting 4. Tap left foot

beside right foot and swing hands toward the back, counting 5. Hold position, counting 6. This will be called "the swing step" throughout the routine. Facing forward, repeat the swing step three more times. Stepping diagonally forward toward the left, do the swing step twice, counting to 6 twice. Step left foot diagonally forward toward the right and do the swing step twice, counting to 6 twice.

2. Turning in a one-fourth circle toward the left, step left foot forward on the first swing step, counting to 6. Do a second swing step facing left side of stage, counting to 6. Turning in a one-fourth circle toward the left, step left foot forward on the first swing step, counting to 6. Do a second swing step facing the back of stage, counting to 6. Turning in a one-fourth circle toward the left, step left foot forward on the first swing step, counting to 6. Do a second swing step facing the right side of stage, counting to 6. Turning in a one-fourth circle toward the left, step left foot forward on the first swing step, counting to 6. Step left foot forward toward the audience, counting 1. Tap right foot beside left foot and lower hands to sides, counting 2. Hold position, counting 3,4,5,6.

3. Reverse step 1 by stepping right foot forward to do four swing steps forward, counting to 6 four times. Step right foot diagonally forward toward the right and do two swing steps, counting to 6 twice. Step right foot diagonally forward toward the left and do two swing steps, counting to 6 twice.

4. Reverse step 2 by turning in a one-fourth circle toward the right and step right foot forward on the first swing step, counting to 6. Do a second swing step facing the right side of stage, counting to 6. Turning in a one-fourth circle toward the right, step right foot forward on the first swing step, counting to 6. Do a second swing step facing the back of stage, counting to 6. Turning in a one-fourth circle

toward the right, step right foot forward on the first swing step, counting to 6. Do a second swing step facing the left side of stage, counting to 6. Turning in a one-fourth circle toward the right, step right foot forward on the first swing step, counting to 6. Step right foot forward toward the audience, counting 1. Tap left foot beside right foot and lower hands to sides, counting 2. Hold position, counting 3,4,5,6.

5. Step left foot diagonally forward toward the left and do one swing step, counting to 6. Turn and step left foot diagonally forward toward the right and do one swing step, counting to 6. Step left foot toward the audience and do one swing step, counting to 6. Step left foot toward the left side, counting 1. Slide right foot beside left foot, counting 2,3. Bend forward at the waist and bow, counting 4,5,6.

The end.

BALLET TECHNIQUES

RCA Records LSC 3240
Red Seal — My Favorite Brahms
Side 1 Band 5
Waltz In A-Flat

Announcement:

"The five positions we must learn,
Before we start to dance and turn.
All our movements flow with grace
And bring a smile upon our face."

It's always a good idea to do a few ballet exercises before doing a routine. This loosens up and limbers the muscles.

Teach these seps and encourage the children to learn them by name, before doing them in a routine.

THE POSITIONS

FIRST POSITION. Have children stand in two straight lines, far enough apart so hands can be raised out toward the sides without touching. Stand with heels together, toes pointed out to the sides as far as possible, elbows slightly bent and fingers almost touching one another in front of body. This is called first position with the feet and hands. While standing in any of the positions, the knees should be stright, hips pulled in, back straight and head up with chin held high.

SECOND POSITION. Still standing in first position, raise left foot up, with knee straight, point left toe against the floor toward the left side and lower heel to the floor, putting weight on both feet. Raise hands up shoulder high toward the sides, elbows straight and fingers relaxed. This is called second position with the feet and hands.

THIRD POSITION. Standing in second position, shift weight to right foot. Hands in second position, raise left heel up from floor, slide left heel to middle of right instep and lower left heel to floor, keeping knees straight and toes pointed out toward the sides. Hands shoulder high, left hand remains out toward the left side and swing right hand forward. This is called third position with the feet and hands.

FOURTH POSITION. Shift weight to right foot, Knees straight, raise left heel up and slide left foot forward slightly toward the left. Turn toes toward left side and lower left heel. Left hand remains out toward the left side. Raise right hand above head and bend right elbow slightly. This is called fourth position with the feet and hands.

FIFTH POSITION. Shift weight to right foot. Knees straight, raise left heel up and slide left foot back, touching the outer part of left heel to inner part of right toe with left toe pointed toward the left side. Lower left heel, placing weight on both feet. Right hand remains above head. Raise left hand above head and bend left elbow slightly, forming a circle with arms. This is called fifth position with the feet and hands.

Teach everything with left foot first. Most people are right handed, so doing things on the right side comes easily. In learning the difficult one first, it helps to balance the performance.

After the five positions have been learned on the left, repeat doing the first and second positions. Raise the right heel up and slide right heel to middle of left instep then lower it to the floor, keeping knees straight and toes pointed out towad the sides. Hands in second position, right hand remains toward the right side and swing left hand forward, both shoulder high.

Standing in third position, raise right heel up and slide right foot forward slightly toward the right. Turn toes toward the right side and lower right heel. Right hand shoulder high toward the

right side, raise left hand above head and bend left elbow slightly.

Standing in fourth position, shift weight to left foot. Knees straight, raise right heel up and slide right foot back, touching the outer part of right heel to inner part of left toe with right toe pointed toward the right side. Lower right heel, placing weight on both feet. Left hand remains above head. Raise right hand above head and bend right elbow slightly, forming a circle with arms. This is fifth position.

The children are now ready to go through the five positions with music.

Place a chair for each child at his or her right side with back of chair toward the child. Correct hand and feet movements while this is being done.

If necessary for balance, have the children hold the back of the chair with right hand while doing the five positions on the left side. In time with the music, count to 6 twice for each position, doing third, fourth and fifth positions with left foot in front. Then place both hands down at sides and relax, turning to face the opposite direction, counting to 6. Go through the five positions with left hand on back of chair, counting to 6 twice for each position, doing third, fourth and fifth positions with right foot in front. Then lower hands to sides and relax, turning to face the opposite direction, counting to 6. If a dance studio is available for the children's lessons, these exercises should be done holding onto the ballet bar.

PLIÉ. This simply means to bend the knees out toward the sides and then straighten them. A plié can be done in any of the five positions, or standing on either foot. For practice, hold the chair back with the right hand. Feet in first position, left hand shoulder high toward left side, elbow straight but not rigid, wrist and hand releaxed, bend knees out toward the sides, raise

heels up and lower left hand in front of left knee to the front of the middle of the body, counting 1,2,3. Left elbow straight, yet relaxed lead with the inner part of the wrist and raise left hand shoulder high in front, lowering heels and straightening knees, counting 4,5. Swing left hand shoulder high toward the left side, counting 6, turning palm of left hand up. Leading with left wrist, turn left palm diagonally out toward the left side and do another plié with the same movements and counts.

Very quickly, point left toe toward left side and lower left heel in second position, Plié in second position twice, using the same movements and counts.

Quickly, point left toe and slide left foot in front to third position. Plié in third position twice, using the same movements and counts, but raise left hand above head instead of shoulder high in front.

Quickly, point left toe diagonally forward toward the left, turn toe toward the left and drop heel to the floor in fourth position. Plié in fourth position twice, using the same movements and counts as in third position.

Quickly, raise left heel up and slide left foot in fifth position in front of right foot with knees straight. Plié twice, using the same arm movements as in third and fourth position, and the same counts.

Cross left foot in front of right foot and place ball of left foot beside the little toe of right foot. Swing left hand down, across front of body then up above head and raise up on ball of feet, straightening knees and turning to face the opposite direction, letting go of the chairback with right hand.

Lower heels in first position and take hold of chairback with left hand. Right hand shoulder high toward left side, elbow straight but not rigid, wrist and hand relaxed, plié, turning palm of right

hand diagonally out toward the right side and leading with the inner part of wrist, lower right hand in front of right knee to the middle of the body, counting 1,2,3. Right elbow straight, lead with inner part of wrist and raise right hand shoulder high in front, lowering heels and straightening knees, counting 4,5. Swing right hand shoulder high toward the right side, counting 6, turning palm of hand upward. Twist wrist to lead with inner part and plié one more time in first position, using the same counts and arm movements.

Very quickly, point right toe toward right side and lower right heel in second position. Plié in second position twice, using the same counts and arm movements.

Quickly, point right toe and slide right foot in front to third position. Plié in third position twice, using the same counts and arm movements, but raise right hand above head instead of shoulder high in front.

Quickly, point right toe diagonally forward toward the right, turn toe toward right side and lower heel to the floor in fourth position. Plié in fourth position, using the same counts and arm movements as in third position.

Quickly, raise right heel up and slide right foot in fifth position in front of left foot with knees straight. Plié in fifth position twice, using the same counts and arm movements as in third and fourth positions.

Cross right foot in front of left foot and place ball of right foot beside the little toe of left foot. Swing right hand down, across front of body then up above head and raise up on ball of feet, straightening knees and turning to face the opposite direction, letting go of the chairback with left hand. Lower heels and relax.

The pliés can be done with the same music used for the five positions, or any other suitable waltz.

After the children have learned to do the following ballet steps, they can do them in time with almost any appealing waltz. The tempo will depend on their abilities and your desires.

GLISSÉ. Assume fifth position wih right foot in front. Extend right hand shoulder high toward right side and left hand shoulder high in front. Look over left shoulder, point left toe toward left side with left knee straight. Lean slightly toward the left, step on left foot, counting 1. Bend left knee and slide right foot into fifth position in front of left foot, counting 2,3. Repeat three more times, but on the fourth glisse slide right foot into fifth position in back of left foot, and swing right hand shoulder high in front and left hand shoulder high toward the left side. Reverse this step using the same counts.

JETÉ. Hands shoulder high toward the sides, stand in fifth position, right foot in front. Bend knees out toward the sides and raise left foot in back of right calf of leg. Quickly straighten left knee and swing left foot toward the left side, counting "and." Jump from right foot to left foot, bending then straightenin left knee upon landing and straightening then bending right knee, placing right foot behind left calf of leg with toes pointed, counting 1. Reverse by swinging right foot toward right side, counting "and." Jump onto right foot, swinging left foot behind calf of right foot, counting 2. Continue these actions and count three more times, then relax for a moment.

RELEVÉ. This means to raise up. Right hand on chairback, left hand shoulder high toward left side, feet in first position, bend knees slightly then spring up on the ball of both feet with knees straight, counting 1. Jump back into first position, bending knees out toward the sides, counting 2. Continue these actions and count three more times, but on the last count, jump feet into second position. Repeat the same actions and counts, but on the last count, jump feet into third position with left foot in front. Repeat the same actions and count in third position, but on the last count, jump feet into fourth position with left foot

forward. Repeat the same actions and counts in fourth position, but on the last count, jump feet into fifth position with left foot in front. Repeat the same actions and counts in fifth position, but on the last count, turn on the ball of feet to face the opposite direction. Relevé four times in each of the five positions, holding chairback with left hand and right hand extended shoulder high toward the right side. After balance has been achieved, do the same movements withut holding onto chairback. Hold hands in the same positions as the feet, as explained in the position instructions.

BOURRÉE. Stand in fifth position, left foot in front, hands down in first position. Point left toe diagonally forward toward left side and step up on ball of left foot with left knee straight. Raise left hand shoulder high in front and right hand shoulder high toward the right side and step ball of right foot in back of left heel. Hands in same position, take fifteen more small steps toward the left side, but on the last bourrée step ball of right foot in front of left foot and change hands with right hand shoulder high in front and left hand shoulder high toward the left side. Bourrée to the right fifteen times then step down on right foot and into fifth position with hands down in first position. Raise hands up in fifth position and relevé. Turn head slightly toward the left and bourrée in place, turning slowly in a circle to the left, counting to 15. On the sixteenth bourrée, step ball of right foot in front of left foot and turn head slightly toward the right. Bourrée in place, turning slowly in a circle to the right, counting to 15. Step down on right foot and into fifth position with left foot in front, lowering hands in first position.

PERCH SINK. Stand in fifth position with right foot in front. Swing left foot diagonally forward toward left side, knee straight and toes pointed. Bend right knee slightly and step up on ball of left foot. Bend right knee out and place right foot in back of calf of left leg with right toe pointed, counting 1. Step right foot back almost in place and bend right knee out toward the side, pointing left toe slightly off the floor with knee

straight, counting 2. Continue doing perch sink six more times, traveling slowly toward the left side with left hand shoulder high in front and right hand shoulder high toward the right side. Perch on left foot then hop down on left foot, bending left knee slightly, and swing right foot diagonally forward toward the right with toes pointed and knee straight. Reverse the perch sink to the right eight times with right hand shoulder high in front and left hand shoulder high toward the left side, but instead of the last sink, jump into fifth position with right foot in front and hands down in first position.

DEVELOPPÉ. Stand in fifth position with right foot in front and hands down in first position. Bend knees out toward the sides and raise left foot up, pointing left toe. Extend left foot forward and straighten left knee, holding left foot high off the floor and right knee still bent. Straighten right knee and step left forward, sliding right foot in fifth position in back of left foot. Bend knees out toward the sides and raise right foot up, pointing right toe. Extend right foot forward and straighten right knee, holding right foot high off the floor and left knee still bent. Straighten left knee and step right foot forward, sliding left foot in fifth position in back of right foot. This is usually done with hands shoulder high toward the sides, and about four times for practice.

CHANGEMENT. Left foot in front in fifth position, hands shoulder high toward the sides, jump straight up in the air, change left foot to the back and right foot to the front, land on both feet and bend knees out toward the sides then straighten them in fifth position with right foot in front. Reverse the actions and continue doing them three more times.

PREPERATION. Stand in fifth position with right foot in front. Step left foot toward left side, turning slightly toward the left, counting 1,2, hands lowered from the sides to first position. Slide right foot across in front of left foot and step right foot diagonally forward toward the right in front of left foot,

counting 3. Stand in fifth position with left foot in front. Step right foot toward the right side, turning slightly toward the right, counting 1,2, hands lowered from the sides to first position. Slide left foot across in front of right foot and step left foot diagonally forward toward the left in front of right foot, counting 3.

ARABESQUE. Face toward the left side and step up on ball of left foot with left knee straight and raise right foot up in back with right knee straight, turned out to the side, toes pointed, swinging left hand diagonally upward to the left and right hand diagonally down toward the right. Arch back and straighten elbows, holding position for a moment then hop down on left foot, bending left knee slightly. Reverse these actions and do an arabesque to the right side. Proceed to combine a preperation with an arabesque by standing in fifth position, right foot in front and hands shoulder high toward the sides. Do a preperation to the left by stepping left foot toward left and lowering hands down to first position, counting 1,2. Slide right foot across in front of left foot and step on it, counting 3. Do an arabesque to the left, holding position on ball of left foot, counting 4,5, then hop down on left foot, bending left knee, counting 6. Turn slightly toward the right and do a preperation, arabesque to the right, counting to 6. Repeat these actions and counts three more times.

PIROUETTE. Feet in fifth position with left foot in back, raise hands shoulder high in front, elbows bent to form a circle, fingers almost touching. Leading mostly with the left hand, open hands slightly and do a perch sink on left foot, but turn in a circle on the ball of the left foot, counting 1,2 then close hands in circle and sink on right foot, counting 3. After trying this a few times, keep head turned toward the left as if watching an object as long as possible on the pivot. Then snap the head around quickly, as if watching the same object again and pull right hand toward the left hand, sinking on the right foot. Reverse the actions and piroutte to the right on the right foot.

other then do a preperation, pirouette in a straight line toward the left. Reverse these actions. In order to do a circle of pirouettes, stand toward the front of the room, or stage. Turn head toward the left as if looking at an object diagonally back toward the left. Snap head back into position as if looking at the same object, doing four pirouettes. A person will travel in the same direction they are looking, so turn head as if looking at an object toward the center of the back of the room and do four pirouettes, snapping head back in position as if looking at the same object. Turn head as if looking at an object toward the center of the right side of the room and do four pirouettes, snapping the head around and in position as if looking at the same object. Turn head as if looking at an object in the center of the front of the room and do four pirouettes, snapping the head around as if looking at the same object. It will take much time for the children to build up and be capable of doing pirouettes in a circle. Take plenty of time with each step you teach.

BALANCÉ. Stand in fifth position with right foot in front and hands waist high toward the right side. Jump left foot toward the left side with a little bounce and bend left knee slightly, swinging hands forward, counting 1. Bend right knee, step ball of right foot diagonally in back of left foot toward the left side and swing hands toward the left side, counting 2. Step left foot in place and raise hands slightly at the left side, counting 3. Jump right foot toward the right side with a little bounce and bend right knee slightly, swinging hands forward, counting 4. Bend left knee, step ball of left foot diagonally in back of right foot toward the right side and swing hands toward the right side, counting 5. Step right foot in place and raise hands slightly at the right side, counting 6. The children enjoy doing this bouncy fun step four times to each side without stopping, in time with a lively waltz.

FUN WITH BALLET

Columbia Records M 31406
Philippe Entremont
Side 1 Band 2
Minuet In G

Announement

"Arms and legs both move in time
With the music, like a rhyme.
This is what we call ballet.
Doing it is just like play."

Position Exercises

Always keep the hips pulled in, back straight, shoulders back and chin held high. Never force the muscles but straighten arms and legs naturally. A relaxed position is more comfortable, will not overdevelop muscles and will be more graceful looking to the viewer.

1. Children stand in staggered rows, far enough apart so hands will not touch when stretched out toward the sides. In first position, hands shoulder high toward the sides, keep elbows straight, lead with the inner side of wrists, lowering hands down in front and plié, counting to 6. Move hands continuously, slowly raising them shoulder high in front and straighten knees, lowering heels counting to 3. Swing hands shoulder high toward the sides, counting 4,5,6. Repeat these actions with the same counts then quickly point left toe toward the left side and drop heel in second position.

2. Repeat the actions and counts in step 1, standing in second position. After the second plié, point left toe toward left side and quickly slide left foot in front in third position, left

hand shoulder high toward the left side and right hand shoulder high in front.

3. Repeat the actions and counts in step 1, standing and finishing each plié with feet and hands in third position. After the second plié, point left toe diagonally forward toward the left and quickly drop heel in fourth position, left hand shoulder high toward the left side and right hand in curved position above the head.

4. Repeat the actions and counts in step 1, standing and finishing each plié with feet and hands in fourth position. After the second plié, point left toe and quickly slide foot in fifth position, left foot in front, hands above head in fifth position.

5. Repeat the actions and counts in step 1, standing and finishing each plié with feet and hands in fifth position. After the second plié, quickly point left toe toward left side and slide left foot beside right foot in first position, hands shoulder high toward the sides.

6. Repeat step 1, then pause slightly with the music.

7. Repeat step 2, but slide right foot in front in third position and left hand shoulder high in front.

8. Repeat step 3, but slide right foot forward in fourth position and right hand above head.

9. Repeat step 4, but slide right foot in front in fifth position and raise hands above head in fifth position. Pause slightly with the music.

10. Repeat step 5, but point right toe toward the right side and quickly slide right foot beside left foot in first position, hands down at sides.

11. Standing in first position, relax the arms. Swing hands forward, counting 1,2,3. Swing hands back, counting 4,5,6. Repeat these actions and counts three times.

12. Swing left hand shoulder high in front and right hand shoulder high toward right side. Maintain that position and bend left knee toward the left side raising left foot beside right knee with toe pointed, counting 1. Lean slightly toward the left and point left toe on the floor toward the left side with knee straight, counting 2,3. Straighten up and raise left foot beside right knee, left toe pointed, counting 4. Lean slightly toward the left and point left toe on the floor toward the left side with knee straight, counting 5,6. Repeat these actions and counts, but instead of pointing left toe toward the left side on the last counts 5,6, step left foot beside right foot in first position, swinging right hand shoulder high in front and left hand shoulder high toward left side. Maintain this position with hands and reverse the actions, pointing right toe toward the right side, and step right foot beside left foot in first position on the last counts 5,6.

13. Left knee straight, step forward on ball of left foot and bourrée forward, raising hands shoulder high in front, counting to 6 twice. Extend right hand shoulder high toward right side and slowly circle left hand up in front, above head, out to left side, down in front, up shoulder high toward the right and bourrée in one-fourth of a circle to face the left side, counting to 6 twice. Raise left hand above head, make another circle with left hand and continue to bourrée in one-fourth of a circle to face the back, counting to 6 twice. Continue these actions and face the right side after counting to 6 twice. Continue these actions to face forward after counting to 6 twice. Lean and extend hands forward and bourrée back, counting to 6 twice. Lower heels in fifth position with left foot in front and hands shoulder high toward the sides, during the pause in the music.

14. Bourrée in a circle toward the right, circling right hand with each one-fourth circle, counting to 6 twice to face the right side, twice to face the back, twice to face the left side and twice to face forward, stepping right foot down on last count of 6 and pointing left toe on floor behind right foot with left knee bent.

15. Front line turns to face left side and back line turns to face right side, doing a balancé left, swinging hands toward left side, counting 1,2,3. Balancé right, swinging hands toward right, counting 4,5,6. Swing hands in figure eight toward the left then right and balancé left then right, traveling in a large counterclockwise circle then off stage, counting to 6, fifteen more times.

The end.

SILENT SMOOTHNESS

Angel Records 2-35026
Claude Debussy
Side 2 Band 5
Ballade

Announcement

"Now we're dancing smooth and neat.
Watch the way we move our feet."

During the introduction, stand in fifth position with right foot in front and hands in first position, counting to 6.

1. Extend right hand shoulder high toward the right, left hand shoulder high in front, turn head toward the left, looking over left shoulder, glissé left, counting 1,2,3. Glissé left, counting 4,5,6. Glissé left, counting 1,2,3. Glissé left, but

slide right foot in fifth position in back of left foot, extend left hand shoulder high toward left side, right hand shoulder high in front and turn head to look over right shoulder, counting 4,5,6. Glissé four times to the right side, counting to 6 twice, but on the last glissé slide the left foot in fifth position behind the right foot, extend right hand shoulder high toward right side and left hand shoulder high in front.

2. Glissé left, counting 1,2,3. Jeté left, changing hands so left hand is shoulder high toward left side and right hand is shoulder high in front, counting 4,5,6. Glissé right, counting 1,2,3. Jeté right, changing hands so left hand is shoulder high in front and right hand is shoulder high toward right side, counting 4,5,6. With the same arm movements, glissé, jeté left, counting to 6, glissé, jeté right, counting to 6. Hold position and tap left toe behind right foot, counting 1,2,3 and tap left toe behind right foot, counting 4,5,6.

3. Repeat step 1.

4. Left hand shoulder high in front, right hand shoulder high toward right side, lean toward the left, look over left shoulder and perch on left foot diagonally forward toward the left, counting 1,2. Sink on right foot, counting 3. Perch left, counting 4,5. Sink right, counting 6. Perch left, counting 1,2. Sink right, counting 3. Perch left, counting 4,5. Hop down on left foot, point right toe toward the right side, swing right hand shoulder high in front and left hand shoulder high toward left side, counting 6. Hands remain in position. Perch right, counting 1,2. Sink left, counting 3. Perch right, counting 4,5. Sink left, counting 6. Perch right, counting 1,2. Sink left, counting 3. Perch right, counting 4,5. Hop down on right foot, point left toe toward the left side, swing left hand shoulder high in front and right hand shoulder high toward right side, counting 6.

5. Maintain position with right hand. Swing left hand toward right side and above head, holding it there, then bourrée left, counting to 6 twice. Raise left hand above head to form a circle and bourrée in place, turning in a complete circle to the left, counting to 6 twice, but on the last count, step down in fifth position with left foot in front.

6. Right hand forward, left hand toward left side, glissé right, counting 1,2,3. Jeté right and swing left hand forward, right hand toward right side, counting 4,5,6. Swing left hand above head, right hand forward and do a back perch left, counting 1,2,3. Swing left hand forward, right hand toward right side and sink on right foot, counting 4,5,6. Glissé left, counting 1,2,3. Jeté left and swing right hand forward, left hand toward left side, counting 4,5,6. Swing right hand above head, left hand forward and do a back perch right, counting 1,2,3. Swing right hand forward, left hand toward left side and sink on left foot, counting 4,5,6. Looking over left shoulder, travel in a small clockwise circle doing a back perch right, counting 1,2,3. Sink left, counting 4,5,6. Back perch right, counting 1,2,3. Sink left, counting 4,5,6. Back perch right, counting 1,2,3. Sink left, counting 4,5,6. Back perch right, counting 1,2,3. Sink left, counting 4. Step right foot in front of left foot, swing left hand toward left side, right hand forward, counting 5,6.

7. Maintain this arm position and repeat step 6, reversing all actions.

8. Raise right hand above head, left hand shoulder high toward left side and bourrée right, counting to 6 twice. Raise left hand to form a circle above head and bourrée in place, turning in a complete circle to the right, counting to 6 twice, but on the last count step down on right foot.

9. Raise left hand above head, right hand shoulder high toward right side, bourrée left, counting to 6 twice. Extend

hands shoulder high toward the sides, palms turned outward, fingers together pointed upward and bourrée in place, turning in only a three-fourth circle, counting to 6 twice, stepping down on left foot and pointing right toe forward toward the right side of stage on the last two counts.

10. Hands extended toward the sides, perch right, counting 1,2. Sink on right foot and developpé left foot forward, counting 3. Perch forward left, counting 4,5. Sink on left foot and developpé right foot forward, counting 6. Repeat this step two more times, counting to 6 twice. Place right foot in front in fifth position, counting 1,2,3. Lower hands in first position, counting 4,5,6.

11. Raise hands in second position and relevé in second position, counting 1,2. Hold hands in second position and jump down in fifth position, left foot in front, counting 3. Relevé in second position, counting 4,5. Jump down in fifth position, right foot in front, counting 6. Continue these actions, counting to 6 seven more times.

12. Still facing the right side, extend hands forward, leaning forward from the waist step left foot back and bourrée back, toward the left side of stage, counting to 6 twice. Continue to bourrée back and swirl in a half-circle toward the left, counting to 6 twice. In the same position, bourrée back, toward the right side of stage, counting to 6 twice. Continue to bourrée back and swirl in one- and one-fourth circles toward the right, counting to 6 three times. Straighten up, step left foot diagonally forward toward the left, bend left knee, point right toe diagonally forward toward the left with knee straight, raise right hand above head, point left hand toward right ankle, bend head toward right knee and hold this pose.

The end.

A CONVERSATION

Angel Records 2-35026
Claude Debussy
Side 2 Band 1
Le Petit Negre

Have a girl and a boy narrate in time with the music, at the same time the others do the actions.

1. Boy: "Shall you, and I, take a little walk?"
   Partners stand side by side, girl looking toward right side. Boy at the left jesters right hand toward girl then toward himself, lowers hands to sides and walks in place then lowers hands to sides and watches girl.

   Girl, in a surprised tone: "Shall you, and I, take a little walk? . . . I say no!"
   Girl points left hand toward boy then toward herself, lowers hands to sides, walks in place, puts her hands on her hips, shakes her head "no" then looks at boy with hands still on hips.

   Boy: "Well I say yes!"
   Boy looks determined, shaking his head up and down.

   Girl: "I say no!"
   Girl leans from the waist toward boy, straightens up, holds head up and looks toward right side.

   Boy: "Gosh, what a mess!"
   Boy shakes his head from side to side then takes a deep breath.

2. Boy: "Shall you, and I, take a little swim?"
   Boy points right hand toward girl then toward himself,

smiles and raises hands above head, lowers them out toward the sides and down. Raising hands in front but close to body, he repeats this swimming action then puts his hands on his hips and smiles at the girl.

Girl: "Shall you, and I, take a little swim? . . . I say no!"
Girl turns toward boy and repeats his swimming actions then puts her hands on her hips, shakes her head "no" and turns away from the boy.

Boy: "I say yes!"
Boy leans toward girl and shakes his head up and down then watches the girl.

Girl: "I still say no!"
Girl glances at boy, shakes head "no" then looks toward the right.

Boy, sounding disappointed: "You should say yes!"
Boy looks down, turns slightly toward the left and scratches head.

3. Boy: "Shall you, and I . . . What can we do? . . . Shall you, and I, go paddle a canoe?"
Boy turns toward girl, points toward her then himself, places right index finger at right side of mouth, resting right elbow on left hand then again points toward girl and himself. Looking toward girl, the boy smiles and pretends to paddle a canoe then stands still and watches girl.

Girl: "Shall you, and I go paddle a canoe? I say no!"
Girl repeats the paddling actions, turns away and takes a couple of steps away from the boy, shaking her head "no."

Boy: "Well, I say yes!" (Voice gets louder and more determined.)
Boy takes a step toward the girl, frowns, and shakes his head up and down even harder than before.

Girl: "I say no!" (Voice softer, but more snippy.)
Girl looks over left shoulder at boy, shakes her head "no" then turns away from him.

Boy: "This is a mess!"
Boy looks down and shakes his head from side to side.

4. Boy: "Shall you, and I . . . Uh . . . Uh . . . Shall you, and I," (Hesitate, then say in a meek manner.) "Go for a little drive?"
Boy points toward girl then himself, hesitates and scratches his head, looking very sad. Again, the boy points toward the girl then himself. Hesitating, he pretends to be driving an automobile.

Girl: "Shall you, and I go for a little drive?" (Voice very surprised and loud.) "Certainly!"
Girl repeats the actions of the boy, opens her eyes and mouth wide with surprise then shakes her head up and down.

Boy looks very surprised, smiles then pretends to open the car door and help the girl in, closes the door then runs around the car to get in himself. Both take small steps forward, while boy pretends to be driving the car off stage. Just before making their exit and when it fits in with the music, the boy turns his face toward the audience and shakes his head up and down toward the audience and shakes his head up and down, at the same time the boy narrator says in a loud, pleased voice, "I knew that soon, I'd win you with my charms."

The end.

RIDING

Disneyland Record 3815
Mickey Mouse Song Hits
Side 1 Band 8
Westward Ho The Wagons

Narration is to be recited along with the music and actions.

During the introduction, narrator walks on stage, counting to 8.

1. Narrator: "We're riding. We're riding. See how we go." Off stage in two lines, children hold hands up as if holding reins. Step left foot forward and bend left knee slightly, counting 1. Right knee bent, step ball of right foot beside left foot, raising up as if riding a horse, counting "and." Repeat this riding step seven more times, counting to 8, "and." Continue doing the riding step on stage, counting to 8, "and" twice then face forward and ride in place, counting to 8, "and" one more time. This riding step is to be continued throughout the routine, but in different manners.

2. Narrator: "The horses are fast, so don't you go slow." Pretend to hold the reins in left hand and circle right hand above head as if swinging a lariat, doing the riding step in a small circle two times, counting to 8 twice with each circle.

3. Narrator: "We're riding. We're riding so hurry along." Ride facing forward and lower right hand to hold reins with both hands, counting to 8. Turn left and ride toward left side, counting to 8. Ride slowly and pretend to whip the horse, traveling toward left side with a slow extra count to 4.

4. Narrator: "I simply cannot keep up with this song." (Shakes head and walks off stage in disgust.) Take reins in left hand and waving "goodbye" to the audience, ride off stage as fast as possible toward the left side, counting to 8.

The end.

MORNING FLOWERS

London Record Co. SPC 21142
Grieg: Suite, Peer Gynt
Side 2 Band 1
Morning

Narrator speaks slowly in time with the actions, as stipulated throughout the routine.

In two staggered rows, the children kneel down, sit back on heels, bend elbows and place lower part of arms on floor, elbows close to knees and hands forward. Bow head to almost touch the floor. During the introduction, hold this position, counting to 6 four times.

1. "The lovely flowers, wake up with the dawn."
Raise head up very slowly, counting to 6 twice. Keep hands on floor and straighten elbows, counting to 6 twice.
"And look all around, to view the very quiet lawn."
Turn head and lean slightly toward the left, counting to 6 twice. Turn head and lean slightly toward the right, counting to 6 twice. Turn head and lean farther toward the left, counting to 6 twice. Turn head and lean farther toward the right, counting to 6 twice.

2. "They raise themselves up from the ground."
Hands at sides, slowly straighten up on knees, counting to 6 twice.
"To sway from side to side, and never even make a sound."
Slowly lean and arch body to the left side so left hand almost touches the floor, counting to 6 twice. Slowly straighten up and arch body, leaning toward the right side so right hand almost touches the floor, counting to 6 twice. In the same manner, straighten up and lean toward the left side, counting to 6 twice. Straighten up and lean toward the right side, counting to 6 twice.

3. "The flowers stretch up to the sky."
Straighten up and place left foot on floor, slightly forward, counting to 6. Slowly stand up, counting to 6. Step right foot beside left foot and hold this position, counting to 6 twice. "While showing all their loveliness to you and me."
Hands by sides, twist body to face left, counting to 6 twice. Twist body to face right side, counting to 6 twice. Twist body to face left, counting to 6 twice. Twist body to face right, counting to 6 twice, then face forward, counting to 6.

4. "Their beauty grows, from day to day."
Facing forward, raise hands out toward sides, above head and arch body toward left side, swaying hands to the left, counting to 6. Straighten up, reaching hands high above head, counting to 6. Hold position, counting to 6.
"And in our memories, it will never fade away."
Slowly sway hands and body toward the left, counting to 6 twice. Sraighten up and sway hands and body toward the right, counting to 6 twice. Sway hands and body toward left and straighten up, counting to 6. Sway hands and body toward right and straighten up, counting to 6.

5. "The flowers seem to grow so very tall."
Lower hands out toward sides and down, counting to 6

twice. Hold position, counting to 6 twice. Tilt head back and raise hands shoulder high toward the sides, counting to 6 twice.

"They make me feel that you and I are oh, so small."

Twist body and sway hands shoulder high toward left side, counting to 6 twice. Twist body and sway hands shoulder high toward right side, counting to 6 twice. Twist body and sway hands toward left side, counting to 6 twice. Twist body and sway hands toward right side, counting to 6 twice. Hands shoulder high toward the sides, face forward and raise hands up above head, counting to 6 twice. Cross right hand in front of left hand and circle hands down in front, counting to 6 twice.

6. "The Lord smiles down upon us every day."

Raise hands diagonally back toward the floor, counting to 6 twice. Swing hands down toward sides, forward and up above head, counting to 6 twice. Hold position, counting to 6 twice.

"But soon, like flowers,"

Lean and sway hands toward left side, counting to 6 twice. Lean and sway hands toward right side, counting to 6 twice.

"We will sadly,"

Sway hands and lower them slightly, toward the left, counting to 6 twice. Sway hands and lower them a little more, toward the right, counting to 6 twice.

"We will sadly fade away."

Lower hands to slides, counting to 6. In a drooping manner, lean forward as the music ends.

The end.

THE WALTZING BUTTERFLY

Angel Records 1-35026
Claude Debussy
Side 1 Band 6
Valse Romantique

Announcement

"When the butterflies have fun,
This is how we think it's done."

During regular classes, this routine can be learned by using the arm movements only. For a recital, two foot long round sticks can be held, one in each hand. Material to resemble butterfly wings can be attached to the sticks and the back of the collar. These wings can be plain or painted more elaborate.

During the introduction, stand in two staggered lines on stage in fifth position, right foot in front, hands diagonally up toward the sides, counting to 6 twice.

1. Maintain the butterly position with the hands and balancé left, counting 1,2,3. Balancé right, counting 4,5,6. Balancé left, counting 1,2,3. Balancé right, counting 4,5,6. Step left foot toward left side, counting 1,2,3. Swing right foot in, bend right knee and cross right foot in front of left foot, placing ball of right foot beside the outside of left foot, lowering hands in front, counting 4,5,6. Relevé on both feet, raising hands up in front and above head, counting 1,2,3. Knees straight, turn in a circle on the ball of feet, counting 4,5,6. Left foot in front, bourrée in place, turning in a circle to the left, holding hands diagonally upward toward the sides, counting to 6. Lower heels in fifth position, left foot in front, counting to 6. To reverse this step,

balancé right, counting 1,2,3. Balancé left, counting 4,5,6. Balancé right, counting 1,2,3. Balancé left, counting 4,5,6. Step right foot toward right side, counting 1,2,3. Swing left foot in, bend left knee and cross left foot in front of right foot, placing ball of left foot beside the outside of right foot, lowering hands in front, counting 4,5,6. Relevé on both feet, raising hands up in front and above head, counting 1,2,3. Knees straight, turn in a circle on the ball of feet, counting 4,5,6. Right foot in front, bourrée in place, turning in a circle to the right, holding hands diagonally upward toward the sides, counting to 6. Lower heels in fifth position, right foot in front, hands in butterfly position, counting to 6.

2. Point left toe diagonally forward toward the left with knee straight, counting 1,2,3. Bend right knee, bend forward at the waist, lower hands and cross right wrist on top of left wrist in front of left shin, counting 4,5,6. Straighten up, raise hands up in butterfly position and slide left foot in front in fifth position, counting 1,2,3. Hold position and flutter hands back and forth, counting 4,5,6. Point right toe diagonally forward toward the right with knee straight, counting 1,2,3. Bend left knee, bend forward at the waist, lowering hands and cross left wrist on top of right wrist in front of right shin, counting 4,5,6. Straighten up, raise hands up in butterfly position and slide right foot in front in fifth position, counting 1,2,3. Hold position and flutter hands back and forth, counting 4,5,6. Repeat this step, counting to 6 four more times.

3. Step left foot toward left side and flutter hands back and forth, counting 1,2,3. Continue to flutter hands, bend left knee and point right toe diagonally forward toward the right, counting 4,5,6. Step right foot toward right side and flutter hands back and forth, counting 1,2,3. Continue to flutter hands, bend right knee and point left toe diagonally

forward toward the left, counting 4,5,6. Repeat this step, counting to 6 four more times.

4. Left knee straight, step ball of left foot diagonally forward toward left side and swing hands forward in butterfly position, counting 1. Right knee straight, step ball of right foot beside left foot, counting 2. Step left foot down in place, bend left knee, point right toe diagonally forward toward the right side up from the floor and swing hands toward the back, counting 3. Right knee straight, step ball of right foot diagonally forward toward the right and start to turn in a medium size counterclockwise circle, swinging hands forward, counting 4. Left knee straight, step ball of left foot beside right foot, counting 5. Step right foot down in place, bend right knee, point left toe diagonally forward toward the left side up from the floor and swing hands toward the back, counting 6. Continue doing this step and face the left side, counting to 6. Repeat this step and face toward the back, counting to 6 twice. Repeat the step and face toward the right side, counting to 6 twice. Repeat the step and face forward, counting to 6 twice.

5. Hands in butterfly position, step left foot toward left side, counting 1,2,3. Bend left knee and point right toe diagonally forward toward the left side, counting 4,5,6. Reverse step 4, traveling in a medium size clockwise circle.

6. Hands up in butterfly position, step right foot beside left foot, counting 1,2,3. Bend forward at the waist, hands bow with body, counting 4,5,6. Straighten up, counting 1,2,3. Flutter hands back and forth, counting 4,5,6. Hands in butterfly position, step ball of left foot diagonally forward toward the left with left knee straight and bourrée in place, turning in a circle to the left to face the back of stage, counting to 6. Continue to bourrée in place, turning in a circle to the left to face forward, counting to 6. Lower heels, counting 1,2,3. Bend forward at the waist, hands

bow with body, counting 4,5,6. Straighten up, counting 1,2,3. Flutter hands back and forth, counting 4,5,6. Hands in butterfly position, step ball of right foot diagonally forward toward the right with right knee straight and bourrée in place, turning in a circle to the right to face the back of stage, counting to 6. Continue to bourrée in place, turning in a circle to the right to face forward, counting to 5. Lower heels, counting 6.

7. Front line face left and back line face right and perch forward on left foot, swinging hands forward, counting 1,2. Sink back on right foot, swinging hands toward the back, counting 3. Traveling slightly forward in a large counterclockwise circle, perch forward on left foot, swinging hands forward, counting 4,5. Sink back on right foot, swinging hands back, counting 6. Continue to use the same arm movements with the same counts throughout the remaining steps. Perch left, counting 1,2. Sink right, counting 3. Perch left, counting 4,5. Hop down on left foot and developpé right foot forward, counting 6. Perch forward on right foot, counting 1,2. Sink back on left foot, counting 3. Perch right, counting 4,5. Sink left, counting 6. Perch right, counting 1,2. Sink left, counting 3. Perch right, counting 4,5. Hop down on right foot and developpé left foot forward, counting 6. Repeat this step, counting to 6 four more times.

8. Perch left, counting 1,2. Sink on left foot and developpé right foot forward, counting 3. Perch right, counting 4,5. Sink on right foot and developpé left foot forward, counting 6. Traveling in the circle and off stage, continue repeating this step, counting to 6 seven more times.

The end.

HIDE AND SEEK

Angel Records 1-35026
Claude Debussy
Side 1 Band 3 Second part.
Deux Arabexques

Announcement

"Hide and seek is fun to play,
As the sun goes down each day."

During the introduction, stand in two staggered lines and count to 8 twice.

1. Cross right wrist on top of left wrist in front and bend forward at the waist, touching forehead to top of right wrist. Hold this position and bend both knees, counting 1,2. Straighten knees, counting 3,4. Bend knees, counting 5,6. Straighten knees, counting 7,8. Straighten up and run in place, left foot first, taking one count for each run, counting to 8. Repeat this step, counting to 8 twice. Step left foot beside right foot, lower hands to sides and turn head toward left side, counting 1,2,3,4. Turn head to right side, counting 5,6,7,8.

2. Hands at sides, knees straight, bend at waist and lean toward left side, counting 1,2. Straighten up and look forward, counting 3,4. Bend at waist and lean toward right side, counting 5,6. Straighten up and look forward, counting 7,8. Place left hand above eyes, step left foot diagonally forward toward left, bend left knee to look and lean in same direction, counting 1,2. Feet in same position, shift weight on right foot, hands waist high toward sides with elbows bent and look back over right shoulder, counting

3,4. Place left hand above eyes, bend left knee, leaning and looking diagonally forward toward the left, counting 5,6. Straighten up and step left foot beside right foot, lowering hands to sides, counting 7,8. Bend elbows with hands in running position, left foot first, run in a small circle to the left, taking one count for each run, counting to 8. Step left foot beside right foot, hands at sides, knees straight, bend at waist and lean toward right side, counting 1,2. Straighten up and look forward, counting 3,4. Bend at waist and lean toward right side, counting 5,6. Straighten up and look forward, counting 7,8. Place right hand above eyes, step right foot diagonally forward toward right, bend right knee to look and lean in the same direction, counting 1,2. Feet in same position, shift weight on left foot, hands waist high toward sides with elbows bent and look back over left shoulder, counting 3,4. Place right hand above eyes, bend right knee, leaning and looking diagonally forward toward the right, counting 5,6. Straighten up and step right foot beside left foot, lowering hands to sides, counting 7,8. Bend elbows with hands in running position, right foot first, run in a small circle to the right, taking one count for each run, counting to 8. Step right foot beside left foot and face forward with hands down at sides, during the pause in the music.

3. Repeat step 1.

4. Repeat step 2, but omit the pause at the end.

5. Step right foot beside left foot, bend knees so hands almost touch the floor in front and bow head, counting 1,2. Hold position, but raise head and look forward, counting 3,4. Straighten up, counting 5,6. Look toward the left, counting 7. Look toward the right, counting 8. Left foot first, run in place, counting to 8. Repeat this entire step, counting to 8 twice.

6. Repeat step 1.

7. Place left hand above eyes, keep right foot on floor, turn and step left foot toward left side, lean and look toward the left, counting 1,2. Lower hands to sides, straighten up and step left foot beside right foot to face forward, counting 3,4. Place right hand above eyes, keep left foot on floor, turn and step right foot toward right side, lean and look toward the right, counting 5,6. Lower hands to sides, straighten up and step right foot beside left foot to face forward, counting 7,8. In the same manner, step left foot diagonally forward toward the left, counting 1,2. Step left foot beside right foot, counting 3,4. Step right foot diagonally forward toward the right, counting 5,6. Step right foot beside left foot, counting 7,8. Run in a small circle to the left, counting to 8 three times.

8. Continue to run, but turn and run in a small circle to the right, counting to 8 four times. Lunge left foot diagonally forward toward the left and reach right hand out as though tagging someone, counting 1,2,3,4. Hold position, counting 5,6,7,8. Smile and step right foot beside left foot, counting 1,2,3,4. Lower hands to sides and face forward, counting 5,6,7,8.

9. Repeat step 1.

10. Left foot first, run in place and face left side, counting to 8. Continue to run, traveling off stage, counting to 8 four times. The last two children to exit wave "goodbye" to the audience.

The end.

FOLLOW THE LEADER

Dunhill ABC Records DSX-50153-2
20 Golden Hits of the 60s
Side D, Band 3
Up, Up and Away

Announcement

"Here is still another game.
Follow the leader is its name."

During the introduction, stand still and count to 8 four times.

1. Fluttering the fingers, raise left hand forward, counting 1,2,3,4. Flutter fingers and extend left hand shoulder high toward left side, counting 5,6,7,8. Hold position with left hand, flutter fingers and raise right hand forward, counting 1,2,3,4. Flutter fingers and extend right hand shoulder high toward right side, counting 5,6,7,8. Hold position with right hand, flutter fingers and arch left hand above head, counting 1,2,3,4. Hold position with left hand, flutter fingers and arch right hand above head, counting 5,6,7,8. Flutter fingers, lower left hand out toward left side and down, counting 1,2,3,4. Flutter fingers, lower right hand out toward right side and down, counting 5,6,7,8. Repeat this step two more times.

2. Without fluttering fingers, raise left hand forward and above head with elbow straight, counting 1,2. Lower left hand forward and down to side, counting 3,4. Without fluttering fingers, riase right hand forward and above head with elbow straight, counting 5,6. Lower right hand forward and down to side, counting 7,8. Raise left hand

forward and above head, counting 1,2. Lower left hand forward and down to side at the same time, raise right hand forward and above head, counting 3,4. Lower right hand forward and down to side at the same time, raise left hand forward and above head, counting 5,6. Hold right hand in position, lower left hand forward and down to side, counting 7,8. Elbow straight, raise left hand out toward left side and above head, counting 1,2. Lower left hand out toward left side and down, counting 3,4. Elbow straight, raise right hand out toward right side and above head, counting 5,6. Lower right hand out toward right side and down, counting 7,8. Raise left hand out toward left side and above head, counting 1,2. Lower left hand out toward left side and down at the same time, raise right hand out toward right side and above head, counting 3,4. Lower right hand out toward right side and down at the same time, raise left hand out toward left side and above head, counting 5,6. Hold right hand in position, lower left hand out toward left side and down, counting 7,8.

3. Repeat step 2.

4. Fingers together, raise left hand forward and above head, counting 1,2. Hold left hand in position, raise right hand forward and above head, counting 3,4. Hold right hand in position, lower left hand forward and down, counting 5,6. Hold left hand in position, lower right hand forward and down, counting 7,8. Repeat these actions, counting to 8. Raise both hands forward and above head, counting 1,2,3,4. Lower hands forward and down, counting 5,6,7,8. Raise hands forward and above head, counting 1,2,3,4. Lower hands forward and down, counting 5,6,7,8. Raise left hand toward left side and above head, counting 1,2,3,4. Hold left hand position, raise right hand toward right side and above head, counting 5,6,7,8. Lower left hand toward side and down, counting 1,2,3,4. Lower right hand toward side and down, counting 5,6,7,8. Raise left hand toward

side and above head, counting 1,2,3,4. Hold left hand position, raise right hand toward side and above head, counting 5,6,7,8. Lower left hand toward side and down, counting 1,2,3,4. Lower right hand toward side and down, counting 5,6,7,8. Raise both hands toward sides and above head, counting 1,2,3,4. Lower hands toward sides and down, counting 5,6,7,8. Raise hands toward sides and above head, counting 1,2,3,4. Lower hands toward sides and down, counting 5,6,7,8. Raise both hands forward and above head, counting 1,2,3,4. Lower hands forward and down, counting 5,6,7,8. Hold position, counting to 8.

5. Fluttering fingers, raise left hand forward and above head, counting 1,2,3,4. Hold left hand position, fluttering fingers, raise right hand forward and above head, counting 5,6,7,8. Flutter fingers and sway hands in a snake-like manner toward the left, then right, then left, then right, lowering hands in front, counting to 8. Repeat these actions, counting to 8 twice. Snake hands upward in front, counting to 8. Snake hands downward in front, counting to 8. Snake hands up in front, counting to 8. Snake hands down in front, counting to 8.

6. Flutter fingers and circle left hand up toward left side, above head, toward right side, down in front and shoulder high toward left side, counting 1,2,3,4. Hold left hand in position, flutter fingers and circle right hand up toward right side, above head, toward left side, down in front and shoulder high toward right side, counting 5,6,7,8. Flutter fingers and circle right hand down in front and up toward left side, counting 1,2. Flutter fingers of both hands and circle hands up above head and down toward right side, counting 3,4. Continue to circle both hands in the same manner three more times, counting 5,6,7,8 then to 8 again. Still fluttering fingers, hold right hand shoulder high toward right side, lower left hand down in front and up toward left side, counting 1,2,3,4. Lower hands to sides,

counting 5,6,7,8. Continue to flutter fingers, raise hands out toward sides and above head, counting 1,2,3,4. Palms of hands together, lower hands down in front, counting 5,6,7,8. Hold position and lower head, counting to 8.

The end.

MECHANICAL MIX-UP

United Artists Records UA-LA 855G
Ferrante & Teicher Star Wars
Side 1 Band 1
Theme from Star Trek

Announcement

"Computers are the thing today
And they are great in every way.
But this could happen to the best.
Then everything would be a mess."

During the introduction, stand still and count to 8 four times. Keep knees straight and move mechanically.

1. Hands down to the sides, point left toe forward, counting 1,2. Step left foot beside right foot, counting 3,4. Point right toe forward, counting 5,6. Step right foot beside left foot, counting 7,8. Point left toe toward left side, counting 1,2. Step left foot beside right foot, counting 3,4. Point right toe toward right side, counting 5,6. Step right foot beside left foot, counting 7,8. Point left toe toward the back, counting 1,2. Step left foot beside right foot, counting 3,4. Point right toe toward the back, counting 5,6. Step

right foot beside left foot, counting 7,8. Point left toe toward left side, counting 1,2. Step left foot beside right foot, counting 3,4. Point right foot toward right side, counting 5,6. Step right foot beside left foot, counting 7,8.

2. Raise left hand shoulder high in front and point left toe forward, counting 1,2. Lower left hand to side and step left foot beside right foot, counting 3,4. Raise right hand shoulder high in front and point right toe forward, counting 5,6. Lower right hand to side and step right foot beside left foot, counting 7,8. Raise left hand shoulder high in front and point left toe toward left side, counting 1,2. Lower left hand to side and step left foot beside right foot, counting 3,4. Raise right hand shoulder high in front and point right toe toward right side, counting 5,6. Lower right hand to side and step right foot beside left foot, counting 7,8. Raise left hand shoulder high in front and point left toe toward the back, counting 1,2. Lower left hand to side and step left foot beside right foot, counting 3,4. Raise right hand shoulder high in front and point right toe toward the back, counting 5,6. Lower right hand to side and step right foot beside left foot, counting 7,8. Raise left hand shoulder high in front and point left toe toward left side, counting 1,2. Lower left hand to side and step left foot beside right foot, counting 3,4. Raise right hand shoulder high in front and point right foot toward right side, counting 5,6. Lower right hand to side and step right foot beside left foot, counting 7,8.

3. Raise right hand shoulder high in front and point left toe forward, counting 1,2. Lower right hand to side and step left foot beside right foot, counting 3,4. Raise left hand shoulder high in front and point right toe forward, counting 5,6. Lower left hand to side and step right foot beside left foot, counting 7,8. Repeat this step, counting to 8 three more times.

4. Raise left hand shoulder high toward left side and point left foot toward the left, counting 1,2. Lower left hand to side and step left foot beside right foot, counting 3,4. Raise right hand shoulder high toward right side and point right toe toward the right, counting 5,6. Lower right hand to side and step right foot beside left foot, counting 7,8. Repeat this step, counting to 8.

5. Raise left hand toward the back and point left toe back, counting 1,2. Lower left hand to side and step left foot beside right foot, counting 3,4. Raise right hand toward the back and point right toe back, counting 5,6. Lower right hand to side and step right foot beside left foot, counting 7,8. Repeat this step, counting to 8.

6. Raise left hand shoulder high toward left side and point left toe toward the left, counting 1,2. Lower left hand to side and place left foot beside right foot, not putting any weight on it, counting 3,4. Raise left hand shoulder high toward left side and point left toe toward the left, counting 5,6. Lower left hand to side and step left foot beside right foot, counting 7,8. Raise right hand shoulder high toward right side and point right toe toward the right, counting 1,2. Lower right hand to side and place right foot beside left foot, not putting any weight on it, counting 3,4. Raise right hand shoulder high toward right side and point right toe toward the right, counting 5,6. Lower right hand to side and step right foot beside left foot, counting 7,8.

7. Raise right hand shoulder high toward right side and point left toe toward the left, counting 1,2. Look at right hand in a puzzled manner, lower right hand to side and step left foot beside right foot, counting 3,4. Raise left hand shoulder high toward left side and point right toe toward the right, counting 5,6. Look at left hand in a puzzled manner, lower left hand to side and step right foot beside left

foot, counting 7,8. Repeat this step, counting to 8. Hold position, counting to 4.

8. Swing left hand forward then above head and raise left foot up in front, counting 1. Lower left hand forward then to side and place left foot beside right foot, not putting any weight on it, counting 2. Swing left hand forward then above head and raise left foot up in front, counting 3. Lower left hand forward then to side and step left foot beside right foot, counting 4. Swing right hand forward then above head and raise right foot in front, counting 5. Lower right hand forward then to side and place right foot beside left foot, not putting any weight on it, counting 6. Swing right hand forward then above head and raise right foot in front, counting 7. Lower right hand forward then to side and step right foot beside left foot, counting 8. Repeat these actions, counting to 8. Swing left hand forward then above head and raise left foot forward, counting 1. Lower left hand forward then to side and place left foot beside right foot, not putting any weight on it, counting 2. Swing left hand forward then above head and raise left foot in front, counting 3. Lower left hand forward then to side and place left beside right foot, not putting any weight on it, counting 4. Look worried, swing left hand forward then above head and raise left foot up in front, counting 5. Lower left hand forward then to side and place left foot beside right foot, not putting any weight on it, counting 6. Swing left hand forward then above head and raise left foot forward, counting 7. Lower left hand forward then to side and step left foot beside right foot, counting 8. Swing right hand forward then above head and raise right foot forward, counting 1. Lower left hand forward then to side and place right foot beside left foot, not putting any weight on it, counting 2. Swing right hand forward then above head and raise right foot forward, counting 3. Lower right hand forward then to side and place right foot beside left foot, not putting any weight on it, counting 4. Swing right hand

forward then above head and raise right foot in front, counting 5. Lower right hand forward then to side and step right foot beside left foot, counting 6. Swing right hand forward then above head and raise left foot forward, counting 7. Lower right hand forward then to side and step left foot beside right foot, counting 8. Look even more worried and repeat the actions of the last two counts to 8. Stand still, counting to 8.

9. Swing left hand up toward left side then above head and raise left foot toward the left, counting 1. Lower left hand toward left side then down to side and step left foot beside right foot, counting 2. Swing right hand up toward right side and raise right foot toward the right, counting 3. Lower right hand toward right side then down to side and step right foot beside left foot, counting 4. Repeat these actions with the same arm movements, counting 5,6,7,8. Repeat the entire step, counting to 8. Swing left hand shoulder high in front and raise left foot toward the left, counting 1. Lower left hand to side and step left foot beside right foot, counting 2. Swing right hand shoulder high in front and raise right foot toward the right, counting 3. Lower right hand to side and step right foot beside left foot, counting 4. Swing left hand shoulder high in front and raise left foot up toward left side, counting 5. Lower left hand to side and step left foot beside right foot, counting 6. Swing right hand shoulder high in front and raise right foot up toward the right, counting 7. Lower right hand to side and step right foot beside left foot, counting 8. Continue these actions, counting to 8. Swing right hand shoulder high in front and raise left foot forward, counting 1. Lower right hand to side and step left foot beside right foot, counting 2. Swing left hand shoulder high in front and raise right foot forward, counting 3. Lower left hand to side and step right foot beside left foot, counting 4. Swing right hand shoulder high in front and raise left foot forward, counting 5. Lower right hand to side and step left

foot beside right foot, counting 6. Swing left hand shoulder high in front and raise right foot forward, counting 7. Lower left hand to side and step right foot beside left foot, counting 8. Continue these actions, counting to 8. Look desperate, lean body back, raise left hand and foot forward parallel to one another, counting 1. Lower left hand to side and step left foot beside right foot, counting 2. Lean body back, raise right hand and foot forward parallel to one another, counting 3. Straighten up, lower right hand to side and step right foot beside left foot, counting 4. Continue these actions, counting 5,6,7,8 then to 8 again, looking more desperate.

10. Still looking desperate, swing right hand shoulder high toward right side and raise left foot toward the left, counting 1. Lower right hand to side and step left foot beside right foot, counting 2. Swing left hand shoulder high toward left side and raise right foot toward the right, counting 3. Lower left hand to side and step right foot beside left foot, counting 4. Swing right hand back and raise left foot up in front, counting 5. Lower right hand to side and step left foot beside right foot, counting 6. Swing left hand back and raise right foot up in front, counting 7. Lower left hand to side and step right foot beside left foot, counting 8. Stand still and turn head toward left side, counting 1,2. Turn head toward the right side, counting 3,4. Look forward, counting 5,6. Bend elbows out toward the sides and shrug shoulders, counting 7. Straighten elbows and lower shoulders, counting 8. Look straight forward, keep knees stiff, slide left foot diagonally forward toward the left and bend right elbow to point right hand forward with left hand down to side, counting 1,2. Turning to face left side of stage, slide right foot forward, lower right hand to side and bend left elbow to point left hand forward, counting 3,4. Continue this mechanical walk toward the left side,

counting 5,6,7,8 and off stage, counting to 8 five more times.

The end.

HAPPY AND GAY

Angel Records 2-35026
Claude Debussy
Side 2 Band 5
Mazurka

Announcement

"Step, tap, hop. Step, tap, hop.
Turn around, then we stop.
To the right and to the left.
Turning 'round we like the best."

During the introduction, place fists on hips with elbows out toward the sides and count to 6. Keep fists on hips throughout the first three steps.

1. Step left foot toward left side, counting 1. Tap ball of right foot beside left foot, counting 2. Hop on left foot, counting 3. Step right foot toward right side, counting 4. Tap left foot beside right foot, counting 5. Hop on right foot, counting 6. Step left foot toward left side with heel raised slightly and turn in a circle to the left, counting 1,2. Turn to face back of stage and step right foot toward the right with heel raised slightly, counting 3. Still turning, face forward

and step left foot toward the left, lower left heel, counting 4,5. Slide right foot beside left foot, not putting any weight on it, counting 6. Step right foot toward right side, counting 1. Tape ball of left foot beside right foot, counting 2. Hop on right foot, counting 3. Step left foot toward left side, counting 4. Tap right foot beside left foot, counting 5. Hop on left foot, counting 6. Step right foot toward right side with heel raised slightly and turn in a circle to the right, counting 1,2. Turn to face back of stage and step left foot toward the left with heel raised slightly, counting 3. Still turning, face forward and step right foot toward the right, lower right heel, counting 4,5. Slide left foot beside right foot, not putting any weight on it, counting 6. Repeat this entire step.

2. Step left foot toward left side, counting 1. Kick right foot against floor diagonally in front of left foot and straighten right knee, counting 2. Hop on left foot and bend right knee, counting 3. Step right foot toward right side, counting 4. Kick left foot against floor diagonally in front of right foot and straighten left knee, counting 5. Hop on right foot and bend left knee, counting 6. Step left foot diagonally back toward the left, counting 1,2. Slide right foot beside left foot, not putting any weight on it, counting 3. Step right foot diagonally back toward the right, counting 4,5. Slide left foot beside right foot, not putting any weight on it, counting 6. Repeat these actions, counting to 6 twice. Step left foot toward left side, counting 1. Hit right toe in back of left foot, counting 2. Hop on left foot, counting 3. Step right foot toward right side, counting 4. Hit left toe in back of right foot, counting 5. Hop on right foot, counting 6. Step left foot diagonally forward toward the left, counting 1,2. Slide right foot beside left foot, not putting any weight on it, counting 3. Step right foot diagonally forward toward the right, counting 4,5. Slide left foot beside right foot, not putting any weight on it, counting 6. Step left foot toward left side, counting 1. Hit

right toe in back of left foot, counting 2. Hop on left foot, counting 3. Step right foot toward right side, counting 4. Hit left toe in back of right foot, counting 5. Hop on right foot, counting 6. Step left foot diagonally forward toward the left, counting 1,2. Slide right foot beside left foot, not putting any weight on it, counting 3. Step right foot diagonally forward toward the right, counting 4,5. Slide left foot beside right foot, not putting any weight on it, counting 6.

3. Repeat step 2. Step left foot beside right foot, counting 1,2,3. Lower hands to sides, counting 4,5,6.

4. Step left foot toward left side, swing left hand up toward the left and above head, swing right hand across body, up waist high toward left side and tilt head to the right, counting 1. Tap right toe diagonally forward toward the left with knee straight, counting 2. Right toe up, bend right knee and hop on left foot, holding hands in position, counting 3. Step right foot toward right side, swing right hand down across in front, up to the right and above head, swing left hand down across in front, up waist high toward right side and tilt head to the left, counting 4. Tap left toe diagonally forward toward the right with knee straight, counting 5. Left toe up, bend left knee and hop on right foot, holding hands in position, counting 6. Continue doing this "swing step" facing forward, counting to 6 three more times. Continue to do the "swing step" and turn to face the left side, counting to 6 four times. Continue to do the "swing step" and turn to the left to face the back of stage, counting to 6 four times. Continue to do the "swing step" and turn to face the right side of stage, counting to 6 four times. Continue doing the "swing step" and turn to face forward, counting to 6 four times.

5. Repeat step 1.

6. Turn and step left foot diagonally forward toward left side, placing fists on hips, counting 1. Kick right foot against the floor diagonally forward toward the left, counting 2. Hop on left foot to face left side and bend right knee, counting 3. Fists remain on hips throughout this step. Step right foot diagonally forward toward the right, counting 4. Kick left foot against the floor diagonally forward toward the right, counting 5. Hop on right foot and bend left knee, counting 6. Continue these actions, traveling toward the left side of stage, counting to 6 three more times. Pause with the music then continue doing this step, counting to 6 four more times. Step left foot forward, counting 1,2,3. Step right foot forward, counting 4,5,6. Step left foot forward, counting 1,2,3. Step right foot forward, counting 4,5,6. Pause with music then quickly walk off stage.

The end.

SING FOR YOUR SUPPER

Columbia Records M 31406
Philippe Entremont
Side 2 Band 2
Chopin Waltz In C Sharp Minor

Announcement

"All birds are beautiful.
I see some every day.
They come and sing in my yard
Then eat and fly away."

1. Face forward on stage, feet together, knees straight, hands down to sides, elbows straight. Gracefully raise hands up shoulder high toward the sides, counting 1,2. Quickly bend knees and lower hands as if flying, counting 3. Straighten knees and gracefully raise hands diagonally up toward the sides, counting 4,5. Quickly bend knees and lower hands as if flying, counting 6. Repeat these flying actions, counting to 6 three more times. Twist body to face diagonally forward toward the left and repeat the flying actions, counting to 6 twice. Twist body to face diagonally forward toward the right and repeat the flying actions, counting to 6 twice.

2. Repeat step 1.

3. Step ball of left foot diagonally forward toward the left, tiptoe in a circle to the left with feet close together and knees straight, taking one step for each count, slowly raising hands diagonally up toward the sides, counting to 6. Lower heels to face left side of stage, slowly lowering hands to sides, counting to 6. Repeat this step to face back of stage, counting to 6 twice. Repeat this step to face right side of stage, counting to 6 twice. Repeat this step to face forward, counting to 6 twice.

4. Step ball of right foot diagonally forward toward the right, tiptoe in a circle to the right with feet close together and knees straight, taking one step for each count, slowly raising hands diagonally up toward the sides, counting to 6. Lower heels to face right side of stage, slowly lowering hands to sides, counting to 6. Repeat this step to face back of stage, counting to 6 twice. Repeat this step to face left side of stage, counting to 6 twice. Repeat this step to face forward, counting to 6 twice.

5. Hold position, counting 1,2,3. Look and bend from the waist diagonally forward toward the right, counting 4,5,6. Keep looking toward the floor as though watching something

on the ground, counting 1,2. Straighten up, counting 3. Turn head quickly toward the left, counting 4. Quickly look back toward the same place on the floor, counting 5,6. Still looking at the floor, bend diagonally forward from the waist toward the right counting 1,2,3. Sraighten up, counting 4,5,6. Continue to look at the floor and kneel down on left knee, counting 1,2,3. Place right knee beside left knee, counting 4,5,6. Hands toward the back, bend diagonally forward toward the right, open and close mouth twice, as if pecking at the ground, counting to 6. Straighten up and keep mouth closed, tugging as if a worm has been caught, counting to 6. Raise head high in air, open then close mouth twice in a gulping manner, counting 1,2,3. Swallow with exaggeration motions, counting 4,5,6. Place left foot on floor and stand up, counting 1,2,3. Step right foot beside left foot, counting 4,5,6.

6. Step left foot toward left side and raise then lower hands as if flying, counting 1,2,3. Point right toe diagonally forward toward the left and raise then lower hands as if flying, counting 4,5,6. Step right foot close to left foot to face left side of stage and raise then lower hands as if flying, counting 1,2,3. Point left toe diagonally forward toward the right and raise then lower hands as if flying, counting 4,5,6. Repeat this step to face back of stage, counting to 6 twice. Repeat this step to face right side of stage, counting to 6 twice. Repeat this step to face forward, counting to 6 twice.

7. Step left foot beside right foot and raise hands shoulder high toward sides, counting 1,2. Bend knees and lower hands to sides, counting 3. Straighten knees and raise hands diagonally up toward sides, counting 4,5,6. Keep hands in this flying position and step ball of left foot diagonally forward toward the left, counting 1. Turning in a circle to the left, tiptoe with knees straight, taking one step for each count and feet close together, counting 2,3,4,5,6. Continue to tiptoe to complete the circle with hands in soaring

position, counting to 6 five more times. Facing forward, step left foot down, counting 1,2. Step right foot beside left foot, counting 3. Lower hands to sides, counting 4,5,6. Repeat this entire step, but step ball of right foot diagonally forward toward the right and soar in a circle to the right.

8. Front row turn toward the left, back row turn toward the right and step ball of left foot forward, counting 1. Step ball of right foot slightly in front of left foot with knees straight, raising hands diagonally up toward the sides, counting 2. Continue to tiptoe forward, taking one count for each step and lower hands to sides, counting 3. Raise hands in a flying manner, counting 4,5. Lower hands to sides, counting 6. Continue these actions traveling in a large counterclockwise circle, counting to 6 seven more times. Continue doing this flying step traveling off stage, counting to 6 eight more times.

The end.

THE WALTZING ROBOT

London Record Co. LTD SPC. 21142
Arthur Fiedler
Side 2 Band 3
Anitra's Dance

Announcement

"When the air is warm and gay,
Robots like to dance this way."

During the introduction, stand on stage. On the first chord, extend hands shoulder high toward the right side, left elbow bent and right elbow straight. Hold this position, counting to 6 twice. Keep knees straight and move mechanically throughout the routine.

1. Slide left foot toward left side, swinging both hands down, across front of body and up shoulder high toward the left side, right elbow bent and left elbow straight, counting 1,2,3. Slide right foot beside left foot, completing a circle with hands, raising them above head then down shoulder high toward right side, right elbow straight and left elbow bent, counting 4,5,6. Slide left foot toward left side, swinging hands down, across front of body and up shoulder high toward the left side, right elbow bent and left elbow straight, counting 1,2,3. Hold hand position and slide right foot beside left foot, not putting any weight in it, counting 4,5,6. Slide right foot toward right side, swinging hands down, across front of body and up shoulder high toward the right side, left elbow bent and right elbow straight, counting 1,2,3. Slide left foot beside right foot, completing a circle with hands, raising them above head then down shoulder high toward the left side, left elbow straight and right elbow bent, counting 4,5,6. Slide right foot toward right side, swinging hands down, across front of body and up shoulder high toward right side, left elbow bent and right elbow straight, counting 1,2,3. Hold hand position and slide left foot beside right foot, not putting any weight on it, counting 4,5,6. Repeat this entire step.

2. Feet together, lower hands to sides, counting to 6. Turning in a one-fourth circle to face left side of stage, step left foot toward left side, counting 1. Step right foot toward right side, counting 2. Continue this rocking from side to side, counting 3,4,5,6. Slide left foot forward toward left side of stage, bend right elbow and raise right hand waist high in front then hold position, counting to 6 twice. Slide right

foot forward, lower right hand to side, bend left elbow and raise left hand waist high in front then hold position, counting to 6 twice. Continue this mechanical walking on left then right foot, only counting to 6 one time for each step. Slide left foot beside right foot and lower left hand to side, counting to 6.

3. Still facing left side of stage, tap left toe forward, raise left hand diagonally up in front and right hand diagonally down in back, counting 1,2,3. Hands in same position, tap left foot forward, counting 4,5,6. Step left foot forward and swing hands down to sides, counting 1,2,3. Tap right toe forward, swing hands past body, raising right hand diagonally up in front and left hand diagonally down in back, counting 4,5,6. Hold hand position and tap right toe forward, counting 1,2,3. Tap right toe forward, hands in same position, counting 4,5,6. Step right foot forward and swing hands down toward sides, counting 1,2,3. Tap left foot forward, swing hands past body, raising left hand diagonally up in front and right hand diagonally down in back, counting 4,5,6. Hold hand position and repeat this entire step. Hold position, counting to 6.

4. Turn to face front of stage and step left foot beside right foot, lowering hands to sides, counting an extra 1,2,3. Point right toe toward right side and raise hands shoulder high toward the sides then above head, counting 1,2,3. Step right foot beside left foot and lower hands shoulder high toward sides then down, counting 4,5,6. Point left toe toward left side and raise hands out toward the sides then above head, counting 1,2,3. Step left foot beside right foot and lower hands shoulder high toward sides then down, counting 4,5,6. Point right toe toward right side and raise hands out toward sides then above head, counting 1,2,3. Step right foot beside left foot and lower hands shoulder high toward sides then down, counting 4,5,6. Hold position for extra counts of 1,2,3. Point left toe toward left side and

raise hands shoulder high toward sides, counting 1,2,3. Step left foot beside right foot and lower hands, counting 4,5,6. Point right toe toward right side and raise hands shoulder high toward the sides, counting 1,2,3. Step right foot beside left foot and lower hands, counting 4,5,6. Hold this position for extra counts of 1,2,3. Point left toe toward left side and raise hands shoulder high toward sides, counting 1,2,3. Step left foot beside right foot and lower hands, counting 4,5,6. Point right toe toward right side and raise hands shoulder high toward sides, counting 1,2,3. Step right foot beside left foot and lower hands, counting 4,5,6. Point left toe toward the back and raise hands forward shoulder high, counting 1,2,3. Step left foot beside right foot and lower hands, counting 4,5,6. Point right toe back and raise hands forward shoulder high, counting 1,2,3. Step right foot beside left foot and lower hands, counting 4,5,6. Point left toe back and raise hands forward then above head, counting 1,2,3. Step left foot beside right foot and lower hands forward then down, counting 4,5,6. Point right toe back and raise hands forward then above head, counting 1,2,3. Step right foot beside left foot and lower hands forward then down, counting 4,5,6. Point left toe forward and raise hands shoulder high in front, counting 1,2,3. Step left foot beside right foot and lower hands, counting 4,5,6. Hold position for extra counts of 1,2,3.

5. Front line face right side and back line face left side, stepping left foot forward, hands down to sides, counting 1,2,3. Point right toe forward and swing left hand forward shoulder high, right hand back shoulder high, elbows straight, counting 4,5,6. Raise right toe then step right foot forward and lower hands to sides, counting 1,2,3. Point left toe forward and swing right hand forward shoulder high, left hand back shoulder high, elbows straight, counting 4,5,6. Traveling in a large clockwise circle, repeat this entire step eight more times, counting to 6 sixteen times.

6. Face toward outside of circle, stepping left foot beside right foot and lowering hands to sides, counting to 6. Hold position for extra counts of 1,2,3. Eyes forward, slide left foot toward left side, raise right hand shoulder high toward right side with elbow straight and raise left hand shoulder high toward right side with elbow bent, counting 1,2,3. Step right foot beside left foot and lower hands to sides, counting 4,5,6. Traveling in a large counterclockwise circle, slide left foot toward left side, raise right hand shoulder high toward right side with elbow straight and raise left hand shoulder high toward right side with elbow bent, counting 1,2,3. Step right foot beside left foot and lower hands to sides, counting 4,5,6. Slide left foot toward left side, raise right hand shoulder high toward right side with elbow straight and raise left hand shoulder high toward right side with elbow bent, counting 1,2,3. Step right foot beside left foot and lower hands to sides, counting 4,5,6. Hold position for exra counts of 1,2,3. Slide left foot toward left side, raise right hand shoulder high toward right side with elbow straight and raise left hand shoulder high toward right side with elbow bent, counting 1,2,3. Step right foot beside left foot and lower hands to sides, counting 4,5,6. Slide left foot toward left side, raise right hand shoulder high toward right side with elbow straight and raise left hand shoulder high toward right side with elbow bent, counting 1,2,3. Step right foot beside left foot and lower hands to sides, counting 4,5,6. Hold position for extra counts of 1,2,3. Still traveling in a large counterclockwise circle with eyes forward, slide left foot toward left side and swing hands in a circle toward the right side then above head, counting 1,2,3. Step right foot beside left foot and lower hands toward left side then down to complete the circle, counting 4,5,6. Repeat this slide, together, circling hands and counting to 6 six more times. Hold position for extra counts of 1,2,3.

7. Turning toward the left, slide left foot forward and bend right elbow to point right hand forward waist high, left hand down to side, counting 1,2,3. Slide right foot forward, lower right hand to side and bend left elbow to point left hand forward waist high, counting 4,5,6. Repeat this step, counting to 6 nine more times, traveling in large counterclockwise circle then off stage.

The end.

THE FLIGHT OF A BUTTERFLY

Columbia Records M 31406
Philippe Entremont
Side 1 Band 5
Chopin: Fantaisie-Impromptu

Announcement

"I'd like to be a butterfly
And flitter all day long.
My wings would be so beautiful,
Fluttering with a song."

If possible, have wing-like capes for recitals. The children should hold the ends of their cape or hold round sticks in their hands that extend the wings longer. The material can be painted to resemble colorful butterfly wings.

During the introduction, stand far enough apart for wing movements, face the audience with feet together, knees bent

and hands diagonally down toward the sides. Hold this position and count to 10.

1. Straighten knees and raise hands shoulder high toward sides, counting 1,2,3,4. Continue raising hands diagonally up toward the sides, counting 5,6,7,8. Holding hands in this flying position, turn and step left foot diagonally forward toward the left, counting 1,2. Facing diagonally forward toward the left, step right foot beside left foot, counting 3,4. Stand still and wave hands forward, counting 5, back, counting 6, forward, counting 7, then back in flying position, counting 8. Hold hand position and bend knees, counting 1,2,3,4. Lower hands, counting 5,6,7,8. Straighten knees and raise hands shoulder high toward sides, counting 1,2,3,4. Continue raising hands diagonally up to flying position, counting 5,6,7,8. Still facing diagonally forward toward the left, hold hands in position and step left foot forward, counting 1,2. Face the audience and step right foot beside left foot, counting 3,4. Bend knees and lower hands diagonally down toward the sides, counting 5,6,7,8.

2. Straighten knees and raise hands shoulder high toward sides, counting 1,2,3,4. Continue raising hands diagonally up toward the sides, counting 5,6,7,8. Holding hands in this flying position, turn and step right foot diagonally forward toward the right, counting 1,2. Facing diagonally forward toward the right, step left foot beside right foot, counting 3,4. Stand still and wave hands forward, counting 5, back, counting 6, forward, counting 7, then back in flying position, counting 8. Hold position and bend knees, counting 1,2,3,4. Lower hands, counting 5,6,7,8. Straighen knees and raise hands shoulder high toward the sides, counting 1,2,3,4. Continue raising hands diagonally up to flying position, counting 5,6,7,8. Still facing diagonally forward toward the right, hold hands in position and step right foot forward, counting 1,2. Continue to face diagonally forward toward the right and step left foot beside

right foot, counting 3,4. Stand still and wave hands forward, counting 5, back, counting 6, forward, counting 7, then back in flying position, counting 8.

3. Hold hand position and step left foot diagonally back toward the left, counting 1,2. Point right toe forward, counting 3,4. Hold position and wave hands forward, counting 5,6 then back, counting 7,8. Continue to wave hands forward, counting 1,2, back, counting 3,4, forward, counting 5,6 then back, counting 7,8. Raise right toe up, turn and step right foot diagonally back toward the right side, counting 1,2. Point left toe forward, counting 3,4. Hold position and wave hands forward, counting 5,6 then back, counting 7,8. Continue to wave hands forward, counting 1,2, back, counting 3,4, forward, counting 5,6 then back, counting 7,8. Repeat this entire step. Turn to face audience and step left foot back, counting 1,2. Point right toe forward, counting 3,4. Hold position and wave hands forward, counting 5,6 then back, counting 7,8. Step right foot back, counting 1,2. Point left foot forward, counting 3,4. Hold position and wave hands forward, counting 5,6 then back, counting 7,8.

4. Left hand slightly forward and right hand slightly back, still in butterfly position, step ball of left foot diagonally forward toward the left with knee straight and bourrée in place, turning in a circle to the left, counting to 8 twice. Left foot in front, lower heels in fifth position, counting 1,2,3,4. Wave hands forward, counting 5, back, counting 6, forward, counting 7 then back, counting 8. Right hand slightly forward and left hand slightly back, still in butterfly position, step ball of right foot diagonally forward toward the right with knee straight and bourrée in place, turning in a circle to the right, counting to 8 twice. Right foot in front, lower heels in fifth position, counting 1,2,3,4. Wave hands forward, counting 5, back, counting 6, forward, counting 7 then back, counting 8.

5. Step left foot diagonally forward toward the right, counting 1,2. Point right toe back, counting 3,4. Hold position and wave hands forward, counting 5,6 then back, counting 7,8. Continue waving hands forward, counting 1,2, back, counting 3,4, forward, counting 5,6 then back, counting 7,8. Turn and step right foot diagonally forward toward the left side, counting 1,2. Point left toe back, counting 3,4. Hold position and wave hands forward, counting 5,6 then back, counting 7,8. Continue waving hands forward, counting 1,2, back, counting 3,4, forward, counting 5,6 then back, counting 7,8.

6. Left hand slightly forward and right hand slightly back, still in butterfly position, step ball of left foot diagonally forward toward the left and bourrée in a circle toward the left, counting to 8 four times. Lower heels in fifth position with left foot in front, counting 1,2,3,4. Lower hands diagonally down toward sides, counting 5,6,7,8. Step left foot diagonally forward toward the left and raise hands diagonally up in front, counting 1,2,3,4. Point right toe forward and wave hands back, counting 5,6,7,8. Step right foot diagonally forward toward the right and wave hands forward, counting 1,2,3,4. Point left foot forward and wave hands back, counting 5,6,7,8. Step left foot diagonally forward toward the right and wave hands forward, counting 1,2,3,4. Point right toe forward and wave hands back, counting 5,6,7,8. Right hand slightly forward and left hand slightly back, still in butterfly position, step ball of right foot diagonally forward toward the right and bourrée in a circle toward the right, counting to 8 four times. Facing the audience, lower heels in fifth position right foot in front, slowly counting 1,2,3,4. Lower hands, counting 5,6,7,8. Step left foot toward left side and raise hands diagonally up toward sides, counting 1,2,3,4. Point right toe diagonally forward toward left side, counting 5,6,7,8. Bend forward at the waist, lower head toward right knee and slowly wave

hands forward and back, counting to 8. Hold position for bow.

The end.

THE MARACA RHUMBA

ABC Records Dunhill DSZ-50153-2
20 Golden Hits of the 60s
Side D Band 5
Georgy Girl

Announcement

"The Rhumba has a happy beat.
You want to use more than your feet,
While dancing to a peppy song.
Just watch. You'll say I wasn't wrong."

During the introduction, stand on stage, hold the maracas waist high in front with bent elbows and count to 8 four times.

1. Straighten left elbow to shake maraca down and raise right hand shoulder high in front, counting 1. Straighten right elbow to shake maraca down and bend left elbow so left hand is shoulder high in front, counting 2. In the same manner, shake left maraca down and right maraca up, counting 3. Quickly raise left maraca up as high as right maraca, counting "and" then shake both maracas down, counting 4. Bend both elbows quickly then shake right maraca down, counting 5. Shake left maraca down and right maraca up, counting 6. Shake right maraca down and left maraca up, counting 7. Quickly raise right maraca up as high as left maraca, counting "and" then shake both maracas down, counting 8. Bend both elbows quickly then repeat this entire step three more times.

2. Twist body slightly toward the left and shake the maracas in the same manner as in step 1, counting 1,2,3, "and," 4. Twist body to shake maracas in the same manner diagonally forward toward the right, counting 5,6,7, "and," 8. Repeat this entire step three more times.

3. In the same manner and with the same counts in step 1, shake the maracas diagonally upward toward the front, counting to 8 four times.

4. Shaking the maracas in the same manner and with the same counts as in step 1, turn and step left foot in place to face diagonally forward, counting 1. Hold position and shake maracas, counting 2,3, "and," 4. Step right foot beside left foot and complete a one-fourth turn to the left, counting 5. Hold position and shake maracas, counting 6,7, "and," 8. Repeat these actions and turn to face back of stage, counting to 8. Repeat these actions to face the right side of stage, counting to 8. Repeat these actions to face the audience, counting to 8.

5. Shaking maracas in the same manner and with the same counts as in step 1, turn and step left foot toward left side of stage, counting 1. Hold position and shake maracas, counting 2,3, "and," 4. Step right foot forward, still facing left side, counting 5. Hold position and shake maracas, counting 5,6,7, "and," 8. Repeat these actions, counting to 8. Step left foot toward audience, counting 1. Hold position and shake maracas, counting 2,3, "and," 4. Face forward, step right foot beside left foot, counting 5. Hold position and shake maracas, counting 6,7, "and," 8. Step left foot in place, counting 1. Hold position and continue to shake maracas, counting 2,3, "and," 4. Step right foot beside left foot, counting 5. Hold position and continue to shake maracas, counting 6,7, "and," 8.

6. Shake maracas in the same manner and with the same counts as in step 1. Turn and step left foot forward toward the right side of stage, counting 1. Hold position and shake maracas, counting 2,3, "and," 4. Step right foot forward, still facing right side, counting 5. Hold position and shake maracas, counting 6,7, "and," 8. Repeat these actions, counting to 8.

7. Turn to face audience, step left foot beside right foot and shake left maraca down toward the left side, counting 1. Shake right maraca diagonally forward toward the left and raise left maraca, quickly counting "and." Shake left maraca down toward the left and raise right maraca, counting 2. Shake right maraca diagonally forward toward the left and raise left maraca, quickly counting "and." Repeat these actions, counting 3, "and," 4, "and," 5, "and," 6, "and," 7, "and," 8. Turn toward the right side and reverse the actions, shaking right maraca down first, counting to 8. Repeat this step, counting to 8 two more times.

8. Face forward and shake maracas down in front in the same manner and with the same counts as in step 7, counting to 8 four times.

9. Lean slightly forward and shake maracas in the same manner and with the same counts as in step 7, start with left hand, but circle hands toward left side on first four counts, circle hands above head on second four counts, down toward right side on third four counts then down in front on fourth four counts. Repeat these actions, counting to 8 twice. Shake maracas forward in the same manner, counting to 8. Lower hands to sides and bow head.

The end.

THE KITTY CAT STRUT

RCA Record LSP 3558 (SPRS-7480)
The Best of Chet Atkins
Vol. 2 Side 1 Band 4
Alley Cat

Announcement

"An alley cat is just a kitty,
Who at times is not so pretty.
Those that make the loudest noise
Sound as though they must be boys."

During the introduction, stand still and count to 8 twice. The children can be in position on stage or enter in a straight line then face the audience, doing the first step. If on stage, do first step in place.

1. Hold hands up in front like paws and keep them in this cat-like position throughout the entire routine, unless instructions differ. Bend knees slightly and hunch body forward to look like a cat. Place left toe on floor in front, counting 1. Drop left heel and raise right foot up, counting 2. Place right toe on floor in front, counting 3. Drop right heel and raise left foot up, counting 4. Repeat these actions, counting 5,6,7,8. Continue this "cat walk" step either coming on stage or standing in place on stage, counting to 8 three more times.

2. Facing the audience, jump left foot toward left side, counting 1. Raise right knee up then step right foot beside left foot, counting 2. Nod head toward right side, counting 3,4. Turn body and head toward left side, counting 5,6. Turn body and head forward, counting 7,8. Repeat these actions, counting to 8. Jump right foot toward right side, counting 1. Raise left knee up then step left foot beside right foot,

counting 2. Nod head toward left side, counting 3,4. Turn body and head toward right side, counting 5,6. Turn body and head forward, counting 7,8. Repeat these actions toward the right, counting to 8.

3. Face toward left side and tap ball of left foot against the floor three times in a scratching manner, counting 1,2,3. Step left foot forward, counting 4. Tap ball of right foot against the floow three times in a scratching manner, counting 5,6,7. Step right foot forward, counting 8. Repeat these actions, counting to 8. Take a large step back on left foot, counting 1,2. Slide right foot beside left foot, not putting any weight on it, counting 3,4. Take a large step back on right foot, counting 5,6. Slide left foot beside right foot, not putting any weight on it, counting 7,8. Take large step back on left foot, counting 1,2. Slide right foot beside left foot, not putting any weight on it, counting 3,4. Take large step back on right foot, counting 5,6. Slide left foot beside right foot, not putting any weight on it, counting 7,8.

4. Face audience and stretch left foot diagonally back toward left side, counting 1,2. Slide left foot beside right foot, not putting any weight on it, counting 3,4. Stretch left foot diagonally back toward left side, counting 5,6. Slide left foot beside right foot and step on it, counting 7,8. Pretend to lick left hand twice then return it to cat-like position, counting 1,2,3,4. Pretend to lick right hand twice then return it to cat-like position, counting 5,6,7,8. Turn head toward left side and pretend to wash face with left hand, counting 1,2 3,4. Pretend to wash face with right hand counting 1,2,3,4. Pretend to wash face with left hand then return it to cat-like position, counting 5,6,7,8. Turn head toward right side and pretend to wash face with right hand then return it to cat-like position, counting 5,6,7,8. Stretch right foot diagonally back toward right side, counting 1,2. Slide right foot beside left foot, not putting any weight on it, counting 3,4. Stretch right foot diagonally

back toward right side, counting 5,6. Slide right foot beside left foot and step on it, counting 7,8. Pretend to wash face with right hand twice then return it to cat-like position, counting 1,2,3,4. Pretend to wash face with left hand twice then return it to cat-like position, counting 5,6,7,8. Turn head toward right side and pretend to wash face with right hand, counting 1,2,3,4. Pretend to wash face with right hand then return it to cat-like position, counting 5,6,7,8. Turn head toward left side and pretend to wash face with left hand, counting 1,2,3,4. Pretend to wash face with left hand then return it to cat-like position, counting 5,6,7,8.

5. Turn to face left side of stage and step ball of left foot forward, counting 1. Drop left heel and raise right foot up, counting 2. Step ball of right foot beside left foot, counting 3. Drop right heel and raise left foot up, counting 4. Step ball of left foot beside right foot, counting 5. Drop left heel and raise right foot up, counting 6. Step ball of right foot beside left foot, counting 7. Drop right heel and raise left foot up, counting 8. Turn to face back of stage and repeat this step, counting to 8. Turn to face right side of stage and repeat this step, counting to 8. Turn to face the audience and repeat this step, counting to 8.

6. Turn to face left side and step left foot forward, counting 1,2. Step right foot beside left foot, counting 3,4. Walking in place, step on left foot, counting 5,6 then right foot, counting 7,8. First person in line continues to walk in place while others take small steps forward. Stepping left foot forward, twist body slightly to the right, extend left hand diagonally forward toward the right and right hand back then take hold of the hand of the person in back, counting 1,2. Holding hands, take small step forward with right foot, counting 3,4. Step left foot beside right foot, counting 5,6. Step right foot beside left foot, counting 7,8. Continue to walk in place, taking two counts for each step and putting left hand of the person in back on your right shoulder,

counting to 8. Continue to walk in place, taking two counts for each step and let go of hand on shoulder then place right hand on top of left hand so both hands are on right shoulder of person in front, counting to 4. Still walking in place, slide left hand over to left shoulder of person in front, counting 5,6,7,8.

7. Keep hands on shoulder of person in front for the rest of this routine. Tap left toe diagonally forward toward left side, counting 1. Step left foot beside right foot, counting 2. Tap right toe diagonally forward toward right side, counting 3. Step right foot beside left foot, counting 4. Repeat these actions, counting 5,6,7,8. Tap left toe toward left side, counting 1. Step left foot beside right foot, counting 2. Tap right toe toward right side, counting 3. Step right foot beside left foot, counting 4. Repeat these actions, counting 5,6,7,8. Tap left toe diagonally back toward left side, counting 1. Step left foot beside right foot, counting 2. Tap right toe diagonally back toward right side, counting 3. Step right foot beside left foot, counting 4. Repeat these actions, counting 5,6,7,8. Tap left toe toward left side, counting 1. Step left foot beside right foot, counting 2. Tap right toe toward right side, counting 3. Step right foot beside left foot, counting 4. Repeat these actions, counting 5,6,7,8.

8. Step ball of left foot forward, counting 1. Twist left heel out toward left side as if swinging a tail, counting 2. Step ball of right foot forward, counting 3. Twist right heel out toward right side as if swinging a tail, counting 4. Repeat these actions, counting 5,6,7,8. Taking only one count for each step and twist, continue doing this step going off stage, counting to 8. The last person waves "good-bye" to the audience.

The end.

7

AND SO IT IS

And so it is, working with handicapped children.

The most wonderful thing that we can do during our lives is to try and help handicapped children. Only by helping others will we receive the greatest blessing on earth — an inner glow of happy contentment that extends wamrth and satisfaction throughout our heart and soul.

At times we might wonder if our efforts are worthwhile, but eventually we will know the answer, when we see improvements in the ability of "our children."

All children enjoy what they call dancing, especially when using different objects.

Check with the person in charge of the children before trying to use any object. Some mentally retarded children will put almost anything in their mouth. In this case, it is advisable to use ribbons made out of cloth instead of crepe paper. Satin ribbons are especially nice to use.

Never give a child anything they are unable to manage safely and properly. Double check tambourines, or anything else with moving parts. There are times when these parts need to be made more secure.

Always allow the children to examine whatever object they will be using. Explain what it is and how it will be used. Allow them to shake it, hit it, or play with it for a few minutes before trying to put it to use. In doing this, they will be more willing to cooperate and follow instructions.

Since some handicapped children know not what fear is, limit what is being done in the way of acrobatics or exercises. They love to just lie down on a tumbling mat with their hands above the head and roll over and over again. Turning a somersault is fun, but be sure to teach it correctly, as described in Chapter 5 under the title of Simple Acrobatics.

Only when the children are willing to wait their turn in line should they be taught how to do a cartwheel. Make certain they don't get kicked.

Double check all of the routines throughout this book. Many of them can be used with various children. What is taught should depend on the children in the class. Deaf children can usually do just about all of the routines.

Use imagination and try to teach the children everything that's connected with what is being done, or the objects that are to be used. Then they will learn and get more out of the classes.

Above all, try to teach the children to follow instructions and do different things so that they better enjoy this wonderful thing we call "Life."

What is taught will live on and on. And as long as people care, this is not the end.

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ABOUT THE AUTHOR

Marion V. Sander was born in Indianapolis, Indiana, but spent most of her life in Cincinnati, Ohio. There, she grew up, got married and mothered three children.

When her family was almost grown, Marion got involved in working with handicapped children through an organization now known as A.I.M. Inc. (Adventures In Movement for Handicapped Children.)

In order to learn more about working with handicapped children, she attended two Seminars at the University of Dayton, Ohio during the summers of 1966 and 1967. Then she moved to San Clemente, California.

Since that time, Marion has either worked with, or promoted others to work with handicapped children. This led her to writing the informative handbook called "Modern Miracles."

ABOUT THE BOOK

"Modern Miracles" is an informative handbook relating how ordinary people can help different types of handicapped children to improve their capabilities, and follow instructions so they might eventually fit into society as self-supporting citizens."

"Great satisfaction and tranquility are derived from bringing happiness and joy to other people. This is especially true when a person helps to brighten the lives and helps to improve the ability of those who are physically or mentally handicapped."

These movements set to music can be done and enjoyed by even those who are unable to walk."

". . . this is the most appealing way that children can learn."

"Welcome to the world of Modern Miracles."